

Active Home Physical Education: Grades K-5

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

Week 6-7	Day 1-6	Day 2-7	Day 3-8	Day 4-9	Day 5-10
Concept of Focus	I can show agility when moving my body from one place to another while learning about food groups	I can show power and control while passing in personal space.	I show reaction time when placing shoes creatively on the tower.	I can show speed and agility while completing my dinner dice challenge, while learning about food groups.	I can demonstrate my skills learned throughout the week.
Academic Language for Today	AGILITY The ability to change body directions quickly and efficiently.	COORDINATION The ability to use different body parts together smoothly and efficiently.	REACTION TIME The time taken to respond to what you hear, see, or feel.	SPEED The ability to move your body fast from one point to another.	PRACTICE To perform an activity regularly in order to improve or maintain skill.
Warm-Up Activity	Footloose (GoNoodle)	Fresh Prince (GoNoodle)	Jump (GoNoodle)	Kidz Bop Shuffle (GoNoodle)	You choose your favorite warm-up!
Learning Focus Activity	Activity 1: Food Card Warm-up Run and collect as many MyPlate food cards as you can in 3 minutes FoodGroupCards	Activity 2: Self-Passing Challenge Can you keep a balloon, zip lock bag with air or sock ball in the air with consistent strikes?	Activity 3: Leaning Tower The object is to create a tower with 2 pairs of shoes. Each time the tower falls perform 10 Jumping Jacks. If the tower stands, do 10 push-ups.	Activity 4: My Dinner Dice Use the Dinner Dice Fitness Chart. Roll a dice to see what exercise you will complete. Start at the protein group and work to the right.	Activity 5: Choose Your Own Challenge Pick your favorite workout from the week!
Daily Movement Activity	Daily Dojo Challenge	Daily Dojo Challenge	Daily Dojo Challenge	Daily Dojo Challenge	Daily Dojo Challenge
Refocus	Melting (GoNoodle)	Weather the Storm (GoNoodle)	Melting (GoNoodle)	Weather the Storm (GoNoodle)	Melting (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?