Get Moving Outside!!!

Max Aitken Academy: GRADES 3-5 HELLO SUMMER CHOICE BOARD
Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will make physical activity choices that help to keep my body healthy and strong.	I will eat nutritious foods that fuel my body with healthy calories, vitamins and minerals.	I will focus on safety during all physical activities.	I will participate in physical education activities because I value good health.	I will talk about the health benefits of my physical activity choices.
Today's Vocabulary	**PHYSICAL ACTIVITY** Any physical movement that uses the body's energy.	**NUTRITIOUS** A word to describe food that provides the body with health-giving nutrients (e.g. vitamins and minerals).	**SAFETY** The condition of being protected against physical, social, and emotional harm.	**GOOD HEALTH** A state of being free from illness or injury.	**HEALTH BENEFITS** Improvement to your overall wellbeing resulting from physical activity or food choices.
Warm-Up Activity	The Sunny Side (GoNoodle)	You Are What You Eat (GoNoodle)	The Sunny Side (GoNoodle)	You Are What You Eat (GoNoodle)	The Sunny Side (GoNoodle)
Learning Focus Activity	Hello Summer 1: Use the Hello Summer Choice Board to be active for at least 30-minutes	Hello Summer 2: Use the Hello Summer Choice Board to be active for at least 30-minutes	Hello Summer 3: Use the Hello Summer Choice Board to be active for at least 30-minutes	Hello Summer 4: Use the Hello Summer Choice Board to be active for at least 30-minutes	Hello Summer 5: Use the Hello Summer Choice Board to be active for at least 30-minutes
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?	😀 😜 🙁	😀 😜 🙁	😀 😜 🙁	😀 😜 🙁	😀 😜 🙁

Send any videos or photos to Mr. Flynn at ryan.flynn@nbed.nb.ca