
















Don't forget to register for the ASD-N Virtual Olympics which take place May 25-June 5th.
Link to register is on main Max Aitken Site.

Max Aitken Home Learning: GRADES 3-5 OPEN GOLF GAMES

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 use underhand tosses to make accurate throws at the golf target.	I will follow the rules of the game and track my score using fair play and a positive attitude.	I will focus on following through as I toss toward the target.	I will participate in physical education activities because I value good health.	I will talk about the health benefits of my create-your-own golf game.
Today's Vocabulary	ACCURATE Successful in reaching an intended target.	FAIR PLAY Honest and honorable treatment, action, or conduct while playing a game or sport.	TARGET An object selected as the aim of attention or attack.	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	All Star (GoNoodle)	Twist & Shout (GoNoodle)	You Are What You Eat (GoNoodle)	Zap It (GoNoodle)	Banana Banana Meatball (GoNoodle)
Learning Focus Activity	Activity 1: Laundry Basket Golf Play alone or with a family member or friend.	Activity 2: Fitness Coin Golf Play alone or with a family member or friend.	Activity 3: Bucket (or Cup) Golf Play alone or with a family member or friend.	Activity 4: Create Your Own Golf Game Today, create your own golf game.	Activity 5: Create Your Own Golf Game Today, teach your golf game to a family member.
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 photos or videos to Mr. Flynn at ryan.flynn@nbed.nb.ca