
















# Get Outside and Move!!!!

Max Aitken Phys Ed Home Learning for May 18<sup>th</sup>-22<sup>nd</sup>: GRADES K-2 LOOK FOR THE GOOD WALK & TALK

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
<b>My Learning Goals</b>	I will walk & talk with a genuine interest and a desire to improve my self and others.	I will choose words and actions that communicate kindness toward others.	I will walk for 150 minutes each week for the health benefits of wellness walking.	I will express gratitude through my words and actions.	I will name and talk about my feelings.
<b>Today's words</b>	<b>ACTIVELY ENGAGE</b> To participate in an activity while showing genuine interest and a desire for excellence.	<b>KINDNESS</b> The quality of being friendly, generous, and considerate.	<b>HEALTH BENEFITS</b> Improvement to a person's overall wellbeing resulting from a physical activity or food choice.	<b>GRATITUDE</b> The quality of being thankful and being ready to show appreciation for and to return kindness.	<b>FEELINGS</b> An emotional state or reaction.
<b>Warm-Up Activity</b>	<a href="#">Believer</a> (GoNoodle)	<a href="#">The Penguin Song</a> (GoNoodle)	<a href="#">Believer</a> (GoNoodle)	<a href="#">The Penguin Song</a> (GoNoodle)	Your Choice (GoNoodle)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">Look for the Good Level 1</a> Walk & Talk Day 1 Look for the Good Walk & Talk Pages	<b>Activity 2:</b> <a href="#">You Matter</a> Walk & Talk Day 2 Look for the Good Walk & Talk Pages	<b>Activity 3:</b> <a href="#">Look for the Good Level 2</a> Walk & Talk Day 3 Look for the Good Walk & Talk Pages	<b>Activity 4:</b> <a href="#">What Makes You Grateful?</a> Walk & Talk Day 4 Look for the Good Walk & Talk Pages	<b>Activity 5:</b> <a href="#">Look for the Good Level 3</a> Walk & Talk Day 5 Look for the Good Walk & Talk Pages
<b>Daily Movement Activity</b>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>
<b>Refocus</b>	<a href="#">Be Grateful</a> (GoNoodle)	<a href="#">Grow Gratitude</a> (GoNoodle)	<a href="#">Be Grateful</a> (GoNoodle)	<a href="#">Grow Gratitude</a> (GoNoodle)	<a href="#">Be Grateful</a> (GoNoodle)
<b>Did I log my total activity time?</b>	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
<b>How am I feeling today?</b>	  	  	  	  	  

Please send any pictures or videos of your child completing their Phys Ed work to ryan.flynn@nbed.nb.ca