
















Don't forget to register for the Virtual Olympics! Day 1 is Monday May 25<sup>th</sup>!!  
 You can register by going to the Max Aitken front page.

**Max Aitken HOME PHYSICAL EDUCATION: GRADES K-2 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
<b>My Learning Goals</b>	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.
<b>Today's Vocabulary</b>	<b>ACCURATE</b> Successful in reaching an intended target.	<b>FAIR PLAY</b> Honest and honorable treatment, action, or conduct while playing a game or sport.	<b>TARGET</b> An object selected as the aim of attention or attack.	<b>GOOD HEALTH</b> A state of being free from illness or injury.	<b>HEALTH BENEFITS</b> Improvement to your overall wellbeing resulting from physical activity or food choices.
<b>Warm-Up Activity</b>	<a href="#">All Star</a> (GoNoodle)	<a href="#">Twist &amp; Shout</a> (GoNoodle)	<a href="#">You Are What You Eat</a> (GoNoodle)	<a href="#">Zap It</a> (GoNoodle)	<a href="#">Banana Banana Meatball</a> (GoNoodle)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">Laundry Basket Golf</a> Play alone or with a family member or friend.	<b>Activity 2:</b> <a href="#">Fitness Coin Golf</a> Play alone or with a family member or friend.	<b>Activity 3:</b> <a href="#">Bucket (or Cup) Golf</a> Play alone or with a family member or friend.	<b>Activity 4:</b> <a href="#">Create Your Own Golf Game</a> Today, create your own golf game.	<b>Activity 5:</b> <a href="#">Create Your Own Golf Game</a> Today, teach your golf game to a family member.
<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="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</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>	  	  	  	  	  

Send all photos and videos to Mr. Flynn at [ryan.flynn@nbed.nb.ca](mailto:ryan.flynn@nbed.nb.ca) and I will post to "Take It To The Max" link