**Max Aitken Grade 3-5 ACTIVE HOME PHYSICAL EDUCATION: SKILL RELATED FITNESS**

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

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I can show agility when moving my body and equipment safely across the room. | 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. | I can demonstrate my skills learned throughout the week. |
| **Today’s Vocabulary** | **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 effectively to what you hear, see, or feel. | **SPEED**  The ability to propel the body rapidly from one point to another. | **PRACTICE**  To perform an activity regularly in order to improve or maintain skill. |
| **Warm-Up Activity** | [Footloose](https://family.gonoodle.com/activities/footloose)  (GoNoodle) | [Fresh Prince](https://family.gonoodle.com/activities/fresh-prince-theme-song) (GoNoodle) | [Jump](https://family.gonoodle.com/activities/jump)  (GoNoodle) | [Kidz Bop Shuffle](https://family.gonoodle.com/activities/kidz-bop-shuffle)  (GoNoodle) | You choose your favorite warm-up! |
| **Learning Focus Activity** | **Activity 1:**  **Fan Favorite**  The object is to use a paper plate to fan a grocery bag across the room and then back before 1 minute expires. Complete 3 times. | **Activity 2:**  [Self-Passing Challenge](https://openphysed.org/wp-content/uploads/2015/12/M-03-07a-Roundnet-SelfPassingChallengeCard.pdf)  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](https://openphysed.org/wp-content/uploads/2018/04/C-01-NR03-MyPlateDinnerDiceChart.pdf)  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** | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) |
| **Refocus** | [Melting](https://family.gonoodle.com/activities/melting)  (GoNoodle) | [Weather the Storm](https://family.gonoodle.com/activities/weather-the-storm)  (GoNoodle) | [Melting](https://family.gonoodle.com/activities/melting)  (GoNoodle) | [Weather the Storm](https://family.gonoodle.com/activities/weather-the-storm)  (GoNoodle) | [Melting](https://family.gonoodle.com/activities/melting)  (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?** |  |  |  |  |  |