

ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 WELLNESS WALKING 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 show compassion to others.	I will work to understand the feelings of others.	I will use encouraging words as support for others.	I will actively work toward wellness for myself and others.	I will work to build positive relationships with others.
Today's Vocabulary	COMPASSION Concern for the wellbeing of others – especially those suffering in some way.	EMPATHY The ability to understand and share the feelings of another	SUPPORT To give assistance. To empower another through help or encouragement.	WELLNESS A state of being in good health.	RELATIONSHIP The way in which two or more people (places, things, objects) are connected.
Warm-Up Activity	The Sunny Side (GoNoodle)	Pump It Up (GoNoodle)	The Sunny Side (GoNoodle)	Pump It Up (GoNoodle)	The Sunny Side (GoNoodle)
Learning Focus Activity	Wellness Walking: Use the Wellness Walking Choice Board to be active for a least 30-minutes. Discuss today's vocabulary word as you walk.	Wellness Walking: Use the Wellness Walking Choice Board to be active for a least 30-minutes. Discuss today's vocabulary word as you walk.	Wellness Walking: Use the Wellness Walking Choice Board to be active for a least 30-minutes. Discuss today's vocabulary word as you walk.	Wellness Walking: Use the Wellness Walking Choice Board to be active for a least 30-minutes. Discuss today's vocabulary word as you walk.	Leaf Walk: Take a Leaf Walk with a family member or friend.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Have Compassion (GoNoodle)	Have Compassion (GoNoodle)	Have Compassion (GoNoodle)	Have Compassion (GoNoodle)	Have Compassion (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?	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞



Wellness Walking Choice Board

Pick an activity below. This week do 10 out of 12 activities to meet your physical education requirement.

During Summer Vacation, keep this choice board on your wall or refrigerator for ideas for staying healthy and active.

Ask an adult to take you to a safe place to walk – like a park, a neighborhood sidewalk, or a nature trail. Can't walk outside, that's okay.

Turn your home into a walking trail. Play some fun music and walk inside!

Student Name:

<p>Hydrate with Water! Thirsty? That means your body needs WATER! Don't grab drinks with added sugar – grab good old-fashioned water.</p>	<p>Take the OPEN Leaf Walk. Use the pages included in your PE packet or click THIS LINK to download the Leaf Walk pages.</p>	<p>Fruit is the original snack food! For an entire day, eat fruit as your snacks. Skip all the other snacks and focus on fruits.</p>	<p>Walk with a friend or family member and talk about your favorite summer stuff – like warm weather, no homework, time with family, etc.</p>
<p>Jump-Jack-March-Repeat Do 10 jumping jacks and then march in place for 30 seconds. Now, repeat that 10 times.</p>	<p>Crunch your Veggies! Today is a veggie snack day. Grab the crunchy stuff – like carrots or celery – and crunch today's snacks.</p>	<p>Burpees for Better Health Alternate 5-burpees and 2-minutes of walking. You can walk around your home, your room, a yard or your block.</p>	<p>Try something new! Eating a variety of foods from all food groups is really important. Today, try a healthy food that you've never tried before.</p>
<p>Walk and DON'T talk. As you walk, listen to the sounds of the world around you. Pay attention to natural sounds, machine sounds, and human sounds. Wow – the world is a really interesting place to listen.</p>	<p>Your activity choice! Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to <u>safely</u> move your body. Go do that for at least 15 minutes.</p>	<p>Walk with a friend or family member and ask them what their favorite foods are and why? Sometimes we have really great memories and our favorite foods help us remember people, places, and events we love.</p>	<p>Take a 15-minute WOG! A WOG is a combination of WALK and JOG. Begin walking. Then, lean forward and pick up the speed just a little. It's okay to take short, quick steps. If you can go 1 mile in just under 15 minutes, then you've set a good WOGGING pace.</p>

Highlight each choice-board square that you complete and then submit your completed board to your physical education teacher.

MY LEAF WALK

It's time to go on a leaf walk with a family member or friend.

- If you can, walk outside where there's trees, grass, or bushes.
- If you can't, it's okay to walk inside your home. Use the OPENPhysEd.org Leaf Sheet. Print and cut out the leaves (or draw and color your own).
- If walking indoors, scatter the cut out or colored leaves around your home.

Walk for 10 to 20 minutes. As you walk, collect at least 6 to 12 leaves and put them in a bag or box. It's okay to choose leaves from the same tree or bush. BUT, be respectful of property and do not pick leaves from plants or flowers in other people's yards 😊.

Take the leaves back to your home. Mix them all up in a bag. Next, each person that you walked with will reach into the bag and pick out a leaf. The leaf that you pick out is YOUR leaf.

Take a few minutes to look at the leaf. Study its shape. Does it have any unique features? Does it look like it's been damaged in any way?

Next, in your mind (or on paper) make up a fun and inspirational story about how your leaf came to be YOUR leaf.

After you've gotten to know your leaf, put it back in the bag with all the other leaves and shake them up. Next, dump all of the leaves out onto the floor or table.

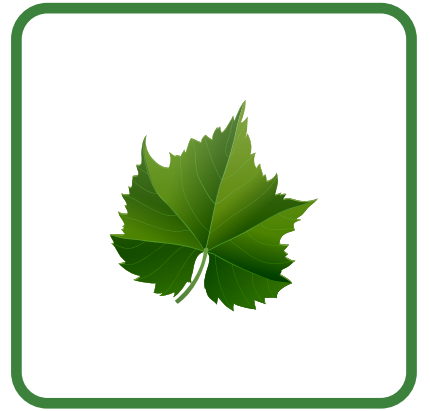
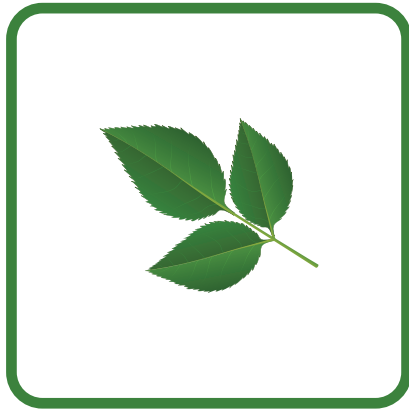
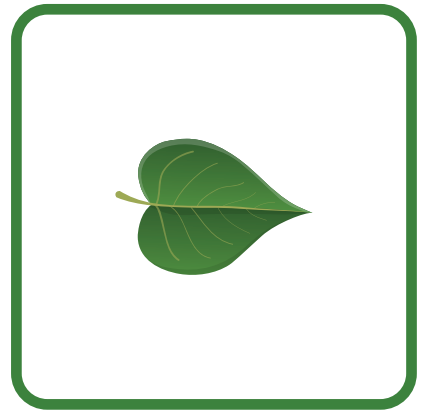
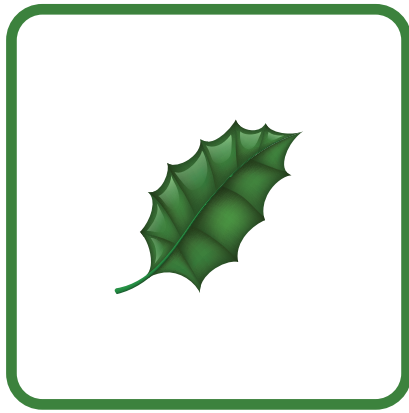
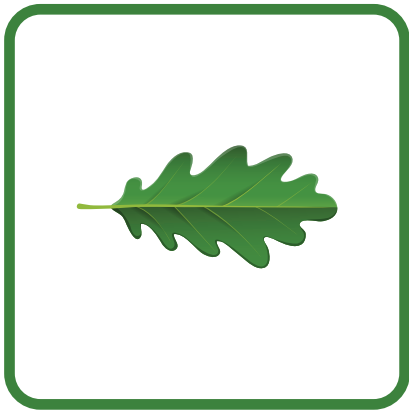
Can you find YOUR leaf? How do you know that it is truly your leaf?

Tell the story of your leaf to your family member or friend and listen to the story of their leaf.

When you first grabbed your leaf – it was just a leaf. But after you got to know your leaf it became easier to recognize. The way you looked at it and treated it changed. In a fun and silly way, you built a relationship with your leaf.

Building relationships with people is important. Just like with your leaf, as you see and meet people it's important to try and get to know them and understand who they are. The more you get to know people and the more they get to know you, the more you will treat each other with empathy and respect.





JUNE DEAM Calendar

Drop Everything And Move

JUMP IN
with both feet

Name:	Teacher:
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Purpose:

This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Enjoy the great outdoors!
	2	Do as many curl-ups as you can.
	3	Use sidewalk chalk to make a hopscotch board.
	4	Call out words that rhyme with "pop" while you hop in place.
	5	Take a walk.
	6	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8	It's National Gardening Week. Plant something!
	9	Do as many trunk-lifts as you can.
	10	Use sidewalk chalk to make a 2-square game and challenge a friend.
	11	Do push-up shoulder taps while someone calls out words for you to spell.
	12	Take a walk.
	13	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	14	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	15	Go on a hike!
	16	Do as many squats as you can.
	17	Use sidewalk chalk to draw a maze and challenge an adult.
	18	Perform squat-jumps while naming bones in the body.
	19	Take a walk.
	20	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	21	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	22	Lightning Safety Week: Play outside if it is SAFE!
	23	Do as many push-ups as you can.
	24	Use sidewalk chalk to invent a game! Play the game with a neighbor.
	25	Read a book while doing a wall sit.
	26	Take a walk.
	27	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	28	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	29	Help someone with their chores!
	30	Do as many star-jumps as you can.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return this calendar to your teacher at the end of the month.