

**ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 WONDERFUL WALKS & WASHING**

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 keep my family safe and healthy by washing my hands for 20 seconds or more.	I will demonstrate good behavior by finishing all activity stations.	I will help my family have good health by taking a family member through my walking trail.	I will express enjoyment during and after my trail walk.	I will talk about my feelings with a family member during a final trail walk.
<b>Today's Vocabulary</b>	<b>SAFE</b> Protected from harm or danger.	<b>BEHAVIOR</b> The way that you act, especially toward others.	<b>GOOD HEALTH</b> The state of being free from illness or injury.	<b>ENJOYMENT</b> The state of happiness caused by a thing or event.	<b>FEELINGS</b> An emotional state or reaction. Examples are happy, sad, angry.
<b>Warm-Up Activity</b>	<a href="#">Wishy Washy Washer</a> (GoNoodle)	<a href="#">Be Nice</a> (GoNoodle)	<a href="#">Wishy Washy Washer</a> (GoNoodle)	<a href="#">Be Nice</a> (GoNoodle)	<a href="#">I Got A Feeling</a> (GoNoodle)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">Walking Trail 1</a> Use packet to create a walking trail with a family member.	<b>Activity 2:</b> <a href="#">Walking Trail 2</a> Walk through your trail & finish all stations.	<b>Activity 3:</b> <a href="#">Walking Trail 3</a> Walk and talk with a family member.	<b>Activity 4:</b> <a href="#">Walking Trail 4</a> Walk through your trail & finish all stations.	<b>Activity 5:</b> <a href="#">Walking Trail 5</a> Walk and talk with 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="#">Melting</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Weather the Storm</a> (GoNoodle)	<a href="#">Melting</a> (GoNoodle)
<b>Did I log my total activity time?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>
<b>How am I feeling today?</b>	😊 😄 😞	😊 😄 😞	😊 😄 😞	😊 😄 😞	😊 😄 😞
<b>20 Seconds or More</b>	Every trail walk finishes at a handwashing station. <b>While you wash your hands, play the song 20 Seconds or More, by Hip Hop Public Health.</b> <a href="#">(Apple Music, Spotify, YouTube, HHPH.org)</a>				



[20 Seconds or More](#), was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help mitigate the spread of COVID-19.