

**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.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>My Learning Goals</b>	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.
<b>Today's Vocabulary</b>	<b>AGILITY</b> The ability to change body directions quickly and efficiently.	<b>COORDINATION</b> The ability to use different body parts together smoothly and efficiently.	<b>REACTION TIME</b> The time taken to respond effectively to what you hear, see, or feel.	<b>SPEED</b> The ability to propel the body rapidly from one point to another.	<b>PRACTICE</b> To perform an activity regularly in order to improve or maintain skill.
<b>Warm-Up Activity</b>	<a href="#">Footloose</a> (GoNoodle)	<a href="#">Fresh Prince</a> (GoNoodle)	<a href="#">Jump</a> (GoNoodle)	<a href="#">Kidz Bop Shuffle</a> (GoNoodle)	You choose your favorite warm-up!
<b>Learning Focus Activity</b>	<b>Activity 1: Fan Favorite</b> 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.	<b>Activity 2: Self-Passing Challenge</b> Can you keep a balloon, zip lock bag with air or sock ball in the air with consistent strikes?	<b>Activity 3: Leaning Tower</b> 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.	<b>Activity 4: My Dinner Dice</b> 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.	<b>Activity 5: Choose Your Own Challenge</b> Pick your favorite workout from the week.
<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="#">Weather the Storm</a> (GoNoodle)	<a href="#">Melting</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>					