**ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL SUMMER FITNESS PLANNER**

Complete the activity. When possible, be safely active with family or friends.  
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 will create choice board activity choices that work to improve my aerobic capacity. | I will create choice board activity choices that work to improve my muscular fitness. | I will create a choice board that will help me demonstrate growth mindset throughout the summer. | I will use positive self-talk to help me with self-motivation. | I will work to empower my family and friends by encouraging them to be physically active. |
| **Today’s Vocabulary** | **AEROBIC Capacity**  The body's ability to take in, transport, and use oxygen during vigorous physical activity. | **Muscular fitness**  The combined ability of a muscle to demonstrate strength and resist fatigue. | **GROWTH MINDSET**  A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point. | **SELF-MOTIVATION**  The force that drives you to work toward goals and general self-improvement. | **EMPOWERMENT**  The process of becoming stronger and more confident, especially in controlling one’s life and claiming one’s rights. |
| **Warm-Up Activity** | Choose a Warm-up from [Darebee.com](https://darebee.com/) | Choose a Warm-up from [Darebee.com](https://darebee.com/) | Choose a Warm-up from [Darebee.com](https://darebee.com/) | Choose a Warm-up from [Darebee.com](https://darebee.com/) | Choose a Warm-up from [Darebee.com](https://darebee.com/) |
| **Learning Focus Activity** | **Activity 1:**  BUILD YOUR CHOICE BOARD (worksheet) | **Activity 2:**  BUILD YOUR CHOICE BOARD (worksheet) | **Activity 3:**  USE YOUR CHOICE BOARD (worksheet) | **Activity 4:**  USE YOUR CHOICE BOARD (worksheet) | **Activity 5:**  USE YOUR CHOICE BOARD (worksheet) |
| **Daily Movement Activity** | Your Choice  60 Minutes | Your Choice  60 Minutes | Your Choice  60 Minutes | Your Choice  60 Minutes | Your Choice  60 Minutes |
| **Refocus** | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) |
| **Did You Complete the Fitness Log?** | **Yes or No** | **Yes or No** | **Yes or No** | **Yes or No** | **Yes or No** |
| **How am I feeling today?** |  |  |  |  |  |