**ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL 20 Second Or More (Tabata & Handwashing)**

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 wash my hands for 20 seconds or more in an effort to keep my family safe. | I will demonstrate behaviors that are considerate to others. | I will participate in physical activities that help promote good health. | I will express enjoyment and other positive feelings while being physically active. | I will encourage others to be active and express positive feelings during physical activities. |
| **Today’s Vocabulary** | **SAFE**  Protected from harm or danger. | **BEHAVIOR**  The way that you act, especially toward others. | **GOOD HEALTH**  The state of being free from illness or injury. | **ENJOYMENT**  The state of happiness caused by a thing or event. | **FEELINGS**  An emotional state or reaction. Examples are happy, sad, angry scared. |
| **Warm-Up Activity** | [Clean Slate](https://darebee.com/pdf/workouts/clean-slate-workout.pdf)  (Darebee) | [Clean Sweep](https://darebee.com/pdf/workouts/clean-sweep-workout.pdf)  (Darebee) | [Washboard Abs](https://darebee.com/pdf/workouts/washboard-abs-workout.pdf)  (Darebee) | [Clean Slate](https://darebee.com/pdf/workouts/clean-slate-workout.pdf)  (Darebee) | Your Choice |
| **Learning Focus Activity** | **Activity 1:**  At the Sink Tabata  +  In Your Room Tabata | **Activity 2:**  Wash with Words  +  At the Sink Tabata | **Activity 4:**  At the Sink Tabata  +  In Your Room Tabata | **Activity 5:**  Wash with Words  +  At the Sink Tabata | **Activity 5:**  Wash with Words Performance  +  Create Your  Own Tabata |
| **Daily Movement Activity** | [Breathe Easy](https://darebee.com/pdf/workouts/breathe-easy-workout.pdf)  (Darebee) | [Breathe Easy](https://darebee.com/pdf/workouts/breathe-easy-workout.pdf)  (Darebee) | [Breathe Easy](https://darebee.com/pdf/workouts/breathe-easy-workout.pdf)  (Darebee) | [Breathe Easy](https://darebee.com/pdf/workouts/breathe-easy-workout.pdf)  (Darebee) | [Breathe Easy](https://darebee.com/pdf/workouts/breathe-easy-workout.pdf)  (Darebee) |
| **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?** |  |  |  |  |  |