**ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL FIELD DAY PREPARATION (Week 2)**

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 practice field day events with a genuine interest and a desire for excellence. | I will use positive language with myself and others that helps me work toward improvement. | I will practice in an effort to improve my field day event performances. | I will choose words and actions that help to create a positive environment in my home. | I will follow the spirit of the game throughout National Field Day. |
| **Today’s Vocabulary** | **Actively engage**  To participate in an activity while showing genuine interest and a desire for excellence. | **growth mindset**  A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point. | **IMPROVE**  To achieve a higher standard or quality; to make or become better. | **POSITIVE ENVIRONMENT**  An environment in which people respect, encourage, and support one another at all times. | **spirit of the game**  Respect, following rules, and the joy of play are valued over competition. |
| **Warm-Up Activity** | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Cardio Fix](https://darebee.com/pdf/workouts/cardio-fix-workout.pdf)  (Darebee.com) | [Mr. Grumpy](https://darebee.com/pdf/workouts/mr-grumpy-workout.pdf)  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | YOUR CHOICE  (Darebee.com) |
| **Learning Focus Activity** | **Activity 1:**  [Field Day Pack 1](https://openphysed.org/wp-content/uploads/2020/04/NFD2020-WestCoastActivityPacket1.pdf)  Practice at least 3 of the field day events.  **Record scores on the** [**Practice Plan**](https://openphysed.org/wp-content/uploads/2020/04/NFD-PacketRelease-PracticePlanNumber1.pdf) | **Activity 2:**  [Field Day Pack 2](https://openphysed.org/wp-content/uploads/2020/04/NFD2020-SouthCentralActivityPacket2.pdf)  Practice at least 3 of the field day events.  **Record scores on the** [**Practice Plan**](https://openphysed.org/wp-content/uploads/2020/04/NFD-PacketRelease-PracticePlanNumber1.pdf) | **Activity 3:**  [Field Day Pack 3](https://openphysed.org/wp-content/uploads/2020/04/NFD2020-MidWest-NorthEast-ActivityPacket3.pdf)  Practice at least 3 of the field day events.  **Record scores on the** [**Practice Plan**](https://openphysed.org/wp-content/uploads/2020/04/NFD-PacketRelease-PracticePlanNumber3.pdf) | **Activity 4:**  [Field Day](https://openphysed.org/wp-content/uploads/2020/04/NFD2020-ALL-EventCardsV2.pdf)  [Complete Packet](https://openphysed.org/wp-content/uploads/2020/04/NFD2020-ALL-EventCardsV2.pdf)  Choose and practice the events you want to do on Field Day. | **Activity 5:**  **IT’S NATIONAL FIELD DAY!!!**  [Get the Score Card](https://openphysed.org/wp-content/uploads/2020/04/NFD-ScoreCard-Official-V2.pdf)  *Follow the Spirit of the Game.* |
| **Daily Movement Activity** | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | YOUR CHOICE |
| **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 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?** |  |  |  |  |  |