**ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 OPEN GOLF GAMES**

Complete the activity with a friend or family member. 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 use underhand tosses to make accurate throws at the golf target. | I will follow the rules of the game and track my score using fair play and a positive attitude. | I will focus on following through as I toss toward the target. | I will participate in physical education activities because I value good health. | I will talk about the health benefits of my create-your-own golf game. |
| **Today’s Vocabulary** | **accurate**  Successful in reaching an intended target. | **fair play**  Honest and honorable treatment, action, or conduct while playing a game or sport. | **Target**  An object selected as the aim of attention or attack. | **good health**  A state of being free from illness or injury. | **Health Benefits**  Improvement to your overall wellbeing resulting from physical activity or food choices. |
| **Warm-Up Activity** | [All Star](https://family.gonoodle.com/activities/all-star)  (GoNoodle) | [Twist & Shout](https://family.gonoodle.com/activities/twist-n-shout)  (GoNoodle) | [You Are](https://family.gonoodle.com/activities/you-are-what-you-eat)  [What You Eat](https://family.gonoodle.com/activities/you-are-what-you-eat)  (GoNoodle) | [Zap It](https://family.gonoodle.com/activities/zap-it)  (GoNoodle) | [Banana Banana Meatball](https://family.gonoodle.com/activities/banana-banana-meatball)  (GoNoodle) |
| **Learning Focus Activity** | **Activity 1:**  [Laundry Basket Golf](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-GOLF-ActiveHome-GolfPacket-Week10.pdf)  Play alone or with a family member or friend. | **Activity 2:**  [Fitness Coin Golf](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-GOLF-ActiveHome-GolfPacket-Week10.pdf)  Play alone or with a family member or friend. | **Activity 3:**  [Bucket (or Cup) Golf](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-GOLF-ActiveHome-GolfPacket-Week10.pdf)  Play alone or with a family member or friend. | **Activity 4:**  [Create Your Own Golf Game](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-GOLF-ActiveHome-GolfPacket-Week10.pdf)  Today, create your own golf game. | **Activity 5:**  [Create Your Own Golf Game](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-GOLF-ActiveHome-GolfPacket-Week10.pdf)  Today, teach your golf game to a family member. |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) |
| **Refocus** | [Live In The Moment](https://family.gonoodle.com/activities/live-in-the-moment)  (GoNoodle) | [Chin Up](https://family.gonoodle.com/activities/chin-up)  (GoNoodle) | [Live In The Moment](https://family.gonoodle.com/activities/live-in-the-moment)  (GoNoodle) | [Chin Up](https://family.gonoodle.com/activities/chin-up)  (GoNoodle) | [Live In The Moment](https://family.gonoodle.com/activities/live-in-the-moment)  (GoNoodle) |
| **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?** |  |  |  |  |  |