

**ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 HELLO SUMMER CHOICE BOARD**

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 will make physical activity choices that help to keep my body healthy and strong.	I will eat nutritious foods that fuel my body with healthy calories, vitamins and minerals.	I will focus on safety during all physical activities.	I will participate in physical education activities because I value good health.	I will talk about the health benefits of my physical activity choices.
<b>Today's Vocabulary</b>	<b>PHYSICAL ACTIVITY</b> Any physical movement that uses the body's energy.	<b>NUTRITIOUS</b> A word to describe food that provides the body with health-giving nutrients (e.g. vitamins and minerals).	<b>SAFETY</b> The condition of being protected against physical, social, and emotional harm.	<b>GOOD HEALTH</b> A state of being free from illness or injury.	<b>HEALTH BENEFITS</b> Improvement to your overall wellbeing resulting from physical activity or food choices.
<b>Warm-Up Activity</b>	<a href="#">The Sunny Side</a> (GoNoodle)	<a href="#">You Are What You Eat</a> (GoNoodle)	<a href="#">The Sunny Side</a> (GoNoodle)	<a href="#">You Are What You Eat</a> (GoNoodle)	<a href="#">The Sunny Side</a> (GoNoodle)
<b>Learning Focus Activity</b>	<b>Hello Summer 1:</b> Use the <a href="#">Hello Summer Choice Board</a> to be active for a least 30-minutes	<b>Hello Summer 2:</b> Use the <a href="#">Hello Summer Choice Board</a> to be active for a least 30-minutes	<b>Hello Summer 3:</b> Use the <a href="#">Hello Summer Choice Board</a> to be active for a least 30-minutes	<b>Hello Summer 4:</b> Use the <a href="#">Hello Summer Choice Board</a> to be active for a least 30-minutes	<b>Hello Summer 5:</b> Use the <a href="#">Hello Summer Choice Board</a> to be active for a least 30-minutes
<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="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</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>	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞



# HELLO SUMMER



## Healthy and Active Summer Choice Board

Pick an activity below. This week do 10 out of 12 activities to meet your physical education requirement. During Summer Vacation, keep this choice board on your wall or refrigerator for ideas for staying healthy and active.

**Student Name:**

<p>It's Summer Vegigation! That means it's time to eat veggies as often as you can. Can you eat veggies with lunch, dinner and a snack today? If so, you earn a Vegigation Celebration!</p>	<p>Move safely <i>with balance</i>. Do 3 of the locomotor skills below. Ask someone to give you a balance score (1–10).</p> <ul style="list-style-type: none"> <li>• 1=You Fell Down</li> <li>• 10=Perfect Balance</li> </ul> <p>Locomotor Choices: Gallop, Hop, Jump, Leap, Skip, Side-Slide</p>	<p>Make a list and check it twice! Find a friend or family member to be active with during summer vacation. Together, create a list of the "Top 5 Ways You'll Be Active Together." Choose a variety of activities to help keep your heart healthy and your muscles strong.</p>	<p>Push-Up Points You get 1 point for every perfect push-up you complete today. Complete them in sets of 10. Spread your sets throughout the entire day. Write down how many points you get and then try to break your record on another day.</p>
<p>Healthy Food Scavenger Hunt: Look in your kitchen and find 5 healthy foods. Bonus if you find 1 from every food group.</p>	<p>Play a game of catch! Any ball or safe object will do. Focus on form. Step to your target and follow through. Challenge: after 3 successful catches take a step back.</p>	<p>Jumping Jack Challenge Throughout the day do 200 jumping jacks! You can do them in sets of 10, 20, 25, 50!</p>	<p>Go for a 20-minute walk with an adult family member or friend. Ask them to tell you a funny story from their childhood.</p>
<p>Take a 15-minute WOG! A WOG is a combination of WALK and JOG. Begin walking. Then, lean forward and pick up the speed just a little. It's okay to take short, quick steps. If you can go 1 mile in just under 15 minutes, then you've set a good WOGGING pace.</p>	<p>Your activity choice! Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to <u>safely</u> move your body. Go do that for at least 15 minutes.</p>	<p>Hopscotch for Health! Legend tells us that hopscotch was a fitness drill used to train warriors and knights. We just think it's fun and helps to keep us active and strong. Play a round of hopscotch with a friend or family member.</p>	<p>Eat Fruit and Feel Great! Eat a serving of fruit with every meal today. AND, eat fruit for at least 1 snack. TIP: 1 glass of 100% fruit juice can count as 1 serving of fruit (but only 1 glass). All other servings must be fresh, frozen, or canned. <i>(Fresh and frozen are best if possible.)</i></p>

Highlight each choice-board square that you complete and then submit your completed board to your physical education teacher.

Name:	Teacher:
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**Purpose:**

*This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

**Directions:**

*After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).*

✓ Done	Day	DEAM Activity
	1	Take a walk.
	2	A kiwi has ~60mg of vitamin C. Do 60 air punches.
	3	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	4	Family Fun: Play your favorite physical education activity with your family.
	5	Do as many trunk-lifts as you can.
	6	Juggle a ball with your feet for 5 minutes.
	7	Perform jumping jacks while naming words that start with "M."
	8	Take a walk.
	9	1 cup of broccoli has ~60mg of calcium. Do 60 air kicks.
	10	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	11	Family Fun: Go to the park together.
	12	Do as many squats as you can.
	13	Spend 5 minutes tossing and catching a ball.
	14	Perform squats while someone calls out math problems for you to answer.
	15	Take a walk.
	16	Beans have ~500mg of potassium. Jog in place as you count to 500.
	17	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	18	Family Fun: Take turns selecting an exercise to do together.
	19	Do as many push-ups as you can.
	20	Spend 5 minutes volleying a balloon in the air.
	21	Hold a plank while naming all the cities that you can think of.
	22	Take a walk.
	23	Half a cup of blueberries has ~40 IUs of Vitamin A. Do 40 plank-jacks.
	24	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	25	Family Fun: Build an obstacle course together.
	26	Do any workout you want!
	27	Pick any sports skill and practice it for (you guessed it) 5 minutes!
	28	Name as many muscles in the body as you can while jumping in place.
	29	Take a walk.
	30	A serving of spinach has ~20mg of magnesium. Do 20 squat-thrusts.
	31	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.

- Remember**
- Get adult permission before doing activities.
  - Return this calendar to your teacher when it's done.

# JUNE DEAM Calendar

Drop Everything And Move

**JUMP IN**  
with both feet

Name:	Teacher:
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**Purpose:**

*This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

**Directions:**

*After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).*

✓ Done	Day	DEAM Activity
	1	Enjoy the great outdoors!
	2	Do as many curl-ups as you can.
	3	Use sidewalk chalk to make a hopscotch board.
	4	Call out words that rhyme with "pop" while you hop in place.
	5	Take a walk.
	6	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8	It's National Gardening Week. Plant something!
	9	Do as many trunk-lifts as you can.
	10	Use sidewalk chalk to make a 2-square game and challenge a friend.
	11	Do push-up shoulder taps while someone calls out words for you to spell.
	12	Take a walk.
	13	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	14	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	15	Go on a hike!
	16	Do as many squats as you can.
	17	Use sidewalk chalk to draw a maze and challenge an adult.
	18	Perform squat-jumps while naming bones in the body.
	19	Take a walk.
	20	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	21	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	22	Lightning Safety Week: Play outside if it is SAFE!
	23	Do as many push-ups as you can.
	24	Use sidewalk chalk to invent a game! Play the game with a neighbor.
	25	Read a book while doing a wall sit.
	26	Take a walk.
	27	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	28	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	29	Help someone with their chores!
	30	Do as many star-jumps as you can.

**Please Remember**

- ✓ Always get adult permission before doing any activity.
- ✓ Return this calendar to your teacher at the end of the month.