**ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 WONDERFUL WALKS & WASHING**

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 keep my family safe and healthy by washing my hands for 20 seconds or more. | I will demonstrate good behavior by finishing all activity stations. | I will help my family have good health by taking a family member through my walking trail. | I will express enjoyment during and after my trail walk. | I will talk about my feelings with a family member during a final trail walk. |
| **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. |
| **Warm-Up Activity** | [Wishy](https://family.gonoodle.com/activities/wishy-washy-washer-woman) Washy Washer  (GoNoodle) | [Be](https://family.gonoodle.com/activities/be-nice) Nice  (GoNoodle) | [Wishy](https://family.gonoodle.com/activities/wishy-washy-washer-woman) Washy Washer  (GoNoodle) | [Be](https://family.gonoodle.com/activities/be-nice) Nice  (GoNoodle) | [I](https://family.gonoodle.com/activities/i-gotta-feeling) Got A Feeling  (GoNoodle) |
| **Learning Focus Activity** | **Activity 1:**  [Walking Trail 1](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Use packet to create a walking trail with a family member. | **Activity 2:**  [Walking Trail 2](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Walk through your trail & finish all stations. | **Activity 3:**  [Walking Trail 3](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Walk and talk with a family member. | **Activity 4:**  [Walking Trail 4](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Walk through your trail & finish all stations. | **Activity 5:**  [Walking Trail 5](https://openphysed.org/wp-content/uploads/2020/03/AX-X35-HHPH-ActiveHome-WalkWash-TrailPacket.pdf)  Walk and talk with a family member. |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) |
| **Refocus** | [Melting](https://family.gonoodle.com/activities/melting)  (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) | [Weather the Storm](https://family.gonoodle.com/activities/weather-the-storm)  (GoNoodle) | [Melting](https://family.gonoodle.com/activities/melting)  (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?** |  |  |  |  |  |
| **20 Seconds**  **or More** | Every trail walk finishes at a handwashing station.  **While you wash your hands, play the song 20 Seconds or More, by Hip Hop Public Health.**  ([Apple Music](https://music.apple.com/us/album/20-seconds-or-more-single/1507995304), [Spotify,](https://open.spotify.com/track/2End3WpFD3mqAu6UtC09tP?si=Ks-TN2hSTd6Bex8_tVkp1Q) [YouTube](https://youtu.be/2yu4jSPNtic), [HHPH.org](https://hhph.org/20secondsormore/)) | | | | |