**ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL FIELD DAY PREPARATION (Week 1)**

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 practice field day events with a genuine interest and a desire for excellence. | I will follow the rules of each field day activity and demonstrate the joy of participation. | I will use positive language with myself and others that helps me work toward improvement. | I will keep working toward improvement and will not get discouraged. | I will be friendly, generous and kind with my family and friends. |
| **Today’s Vocabulary** | **Actively engage**  To participate in an activity while showing genuine interest and a desire for excellence. | **spirit of the game**  Respect, following rules, and the joy of play are valued over competition. | **growth mindset**  A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point. | **grit**  The combination of passion and perseverance, which allows you to keep developing skill and working toward achievement. | **Kindness**  The quality of being friendly, generous, and considerate to others. |
| **Warm-Up Activity** | [Mr. Grumpy](https://darebee.com/pdf/workouts/mr-grumpy-workout.pdf)  (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) | [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) |
| **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 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 3:**  [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-PracticePlanNumber2.pdf) | **Activity 3:**  [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-PracticePlanNumber2.pdf) | **Activity 5:**  [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)  Practice at least 5 of the field day events.  **Have FUN!** |
| **Daily Movement Activity** | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) |
| **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?** |  |  |  |  |  |