


















## AT-HOME PHYSICAL EDUCATION

### Weekly Plan for Students and Families

#### ACTIVE HOME PHYSICAL EDUCATION: GRADES K-2 WONDERFUL WALKS & WASHING

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 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.
<b>Today's Vocabulary</b>	<b>SAFE</b> Protected from harm or danger.	<b>BEHAVIOR</b> The way that you act, especially toward others.	<b>GOOD HEALTH</b> The state of being free from illness or injury.	<b>ENJOYMENT</b> The state of happiness caused by a thing or event.	<b>FEELINGS</b> An emotional state or reaction. Examples are happy, sad, angry scared.
<b>Warm-Up Activity</b>	<a href="#">Wishy Washy Washer</a> (GoNoodle)	<a href="#">Be Nice</a> (GoNoodle)	<a href="#">Wishy Washy Washer</a> (GoNoodle)	<a href="#">Be Nice</a> (GoNoodle)	<a href="#">I Got A Feeling</a> (GoNoodle)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> Walking Trail 1 Use packet to create a walking trail with a family member.	<b>Activity 2:</b> Walking Trail 2 Walk through your trail & finish all stations.	<b>Activity 3:</b> Walking Trail 3 Walk and talk with a family member.	<b>Activity 4:</b> Walking Trail 4 Walk through your trail & finish all stations.	<b>Activity 5:</b> Walking Trail 5 Walk and talk with a family member.
<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="#">Melting</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Weather the Storm</a> (GoNoodle)	<a href="#">Melting</a> (GoNoodle)
<b>Did I log my total activity time?</b>	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
<b>How am I feeling today?</b>	  	  	  	  	  
<b>20 Seconds or More</b>	Every trail walk finishes at a handwashing station. <b>While you wash your hands, play the song 20 Seconds or More, by Hip Hop Public Health.</b> ( <a href="#">Apple Music</a> , <a href="#">Spotify</a> , <a href="#">YouTube</a> , <a href="#">HHPH.org</a> )				

For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](https://openphysed.org)



### Walking Trail Day 1

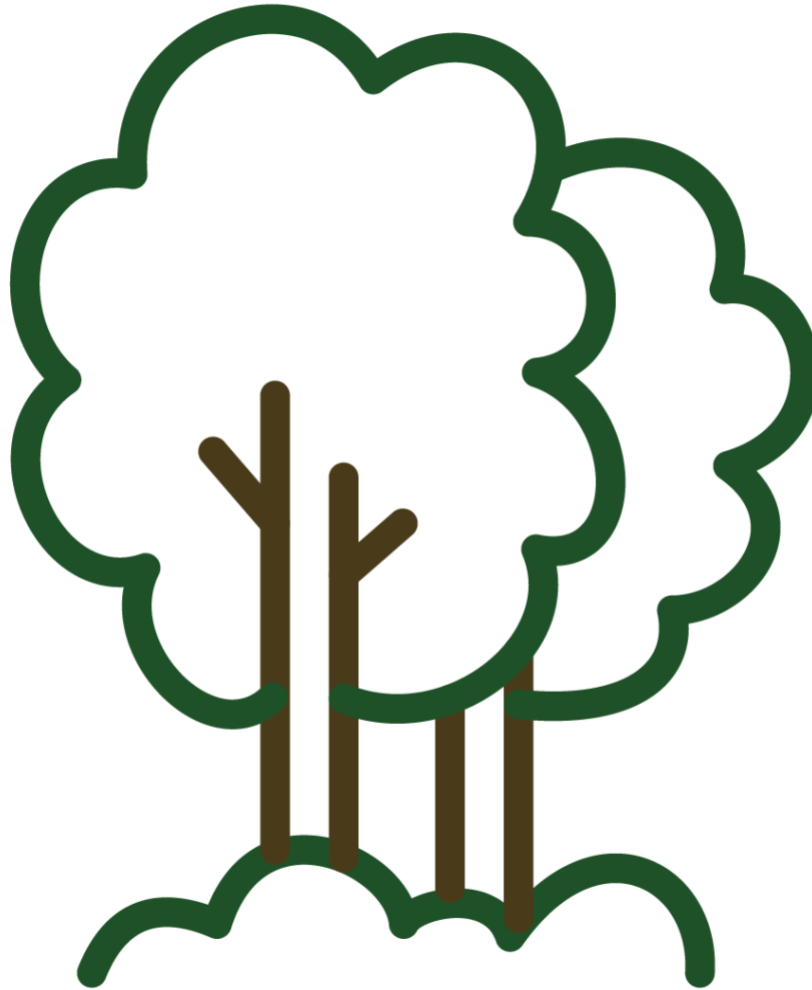
Use the walking trail posters in this packet to create an at-home walking trail. You can make your trail indoors or outdoors. There are 5 walking trail signs to create 5 stations that you will visit on your Wonderful Walks.

All walks end at the Handwashing Station – make sure you wash for 20 seconds or more.

	<p><b>Station 1: The Forest</b></p> <p>Trees are amazing. They naturally filter the air that we breath and they're home to many creatures that we share the Earth with. If you're indoors, find a window with space for you to hang The Forrest Poster. Make sure there's enough space for you to move safely. If you're outdoors, find a real tree or a signpost that you can pretend is a tree, and make that your forest.</p>
	<p><b>Station 2: The Nest</b></p> <p>Lots of creatures build and live in nests. Birds, squirrels, and bees are a few examples of creatures that we know can build nests in the world around us. If you're indoors, hang this poster next to your bed and pretend that your bed is your nest. If you're outdoors, find a place to hang the poster where you'd like to see a creature build a nest. Make sure you hang it in a safe place.</p>
	<p><b>Station 3: The Mountain Trail</b></p> <p>Walking up a mountain trail can be really great exercise for your muscles and your heart. And mountain trails can have spectacular views of the lands around it. If you're indoors, hang this poster next to a place in your home that has a picture that you like. It could be a picture of a friend, family member, or a special place. It can also be a painting or piece of art that you really like looking at. If you're outdoors, find a place with a view that you enjoy. This is the start of your mountain trail.</p>
	<p><b>Station 4: The Bridge</b></p> <p>Bridges can help us travel over an obstacle. The obstacle might be water, a giant ditch or a busy road. Bridges have to be strong in order to keep us safe. If you're indoors, hang this poster in a place with enough room for you to make a bridge with your body. If you're outdoors, find a place that is safe for you to move and play in.</p>
	<p><b>Station 5: The Handwashing Station</b></p> <p>Every time we go out and explore our world on a wonderful walk, we need to stop and wash our hands. Washing our hands for 20 seconds or more will wash germs down the drain and keep our family and friends safe. Hang this poster next to a sink where you can wash your hands. If you can, listen to the song <i>20 Seconds or More</i> while you wash the germs away.</p>



## Station 1: The Forest



**Day 1:** Build the Trail – Hang your posters in safe places. Get help from a grown-up and talk about why you chose each of the spots where you’re hanging each poster.

**Day 2:** Hold Tree Pose for 20 seconds or more.

**Day 3:** Show a family member or friend Tree Pose. Then, hold the pose together for 20 seconds or more.

**Day 4:** If you were a tall and strong tree what would you look like? Create your own “Tree Pose” and hold it for 20 seconds or more.

**Day 5:** Show a family member or friend the Tree Post that you created. Then hold the pose together for 20 seconds more.



## Station 2: The Nest



**Day 1:** Build the Trail – Hang your posters in safe places. Get help from a grown-up and talk about why you chose each of the spots where you're hanging each poster.

**Day 2:** A nest is a place where creatures feel safe. Sit or stand at this station and breathe deeply. Inhale slowly and count to 7. Exhale slowly and count to 11. Repeat 3 times.

**Day 3:** Show a family member your nest and teach them the breathing exercise. When you're done with the exercise, share 1 thing that you are both grateful for.

**Day 4:** Complete the breathing exercise. Today when you finish the exercise, think of 1 thing that you are grateful for and whisper it to yourself.

**Day 5:** Show a family member your nest and do the breathing exercise together. When you're done, tell your family member what you like about your nest.



## Station 3: The Mountain Trail



**Day 1:** Build the Trail – Hang your posters in safe places. Get help from a grown-up and talk about why you chose each of the spots where you’re hanging each poster.

**Day 2:** Hold Mountain Pose for 20 seconds or more.

**Day 3:** Show a family member or friend Mountain Pose. Then, hold the pose together for 20 seconds or more.

**Day 4:** If you were a giant mountain what would you look like? Create your own “Mountain Pose” and hold it for 20 seconds or more.

**Day 5:** Show a family member or friend the Mountain Post that you created. Then hold the pose together for 20 seconds more.



## Station 4: The Bridge



**Day 1:** Build the Trail – Hang your posters in safe places. Get help from a grown-up and talk about why you chose each of the spots where you’re hanging each poster.

**Day 2:** Hold a Bridge Pose for 20 seconds or more.

**Day 3:** Show a family member or friend Bridge Pose. Then, hold the pose together for 20 seconds or more.

**Day 4:** If you were a strong bridge what would you look like? Create your own “Bridge Pose” and hold it for 20 seconds or more.

**Day 5:** Show a family member or friend the Bridge Post that you created. Then hold the pose together for 20 seconds more.



## Station 5: The Handwashing Station









### Every Day:

- Washing our hands for 20 seconds or more will wash germs down the drain and keep our family and friends safe.
- If you can, listen to the song [20 Seconds or More](#) while you wash the germs away. It's okay to do a little dance while you wash!



## Strike a Pose

Here are examples of poses that you can make during your Wonderful Walks.

TREE	
	
NEST	
	
MOUNTAIN	
	
BRIDGE	
	



# APRIL

## DEAM Calendar

Drop Everything And Move

## SPRING

into action

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

### Purpose:

*This calendar encourages families to become more physically active and to 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 make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).*

✓ Done	Day	DEAM Activity
	1	Spring into Action: Find someone to do 20 jumping jacks with you.
	2	Say your math facts while doing reverse lunges.
	3	Take a walk.
	4	Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.
	5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	6	Help a neighbor or friend with some spring cleaning!
	7	Do as many trunk-lifts as you can.
	8	Spring into Action: Find 2 people. Do 30 jumping jacks together.
	9	Do push-up shoulder taps while reciting your spelling words.
	10	Take a walk.
	11	Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.
	12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	13	Using an old container, gather soil, and plant flowers seeds.
	14	Do as many squats as you can.
	15	Spring into Action: Find 3 people. Do 40 jumping jacks together.
	16	Perform squat-jumps while naming the continents.
	17	Take a walk.
	18	Did you know donuts have ~280 calories? Jog in place for a 280 count.
	19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	20	Get 60 minutes of MVPA. You choose how!
	21	Do as many push-ups as you can.
	22	Spring into Action: Find 4 people. Do 50 jumping jacks together.
	23	Read a book while doing a wall sit.
	24	Take a walk.
	25	Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!
	26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	27	Invent a game and try it out!
	28	Do as many curl-ups as you can.
	29	Spring into Action: Find 5 people! Do 60 jumping jacks together.
	30	Spring into Action: Find someone to do 20 jumping jacks with you.

### Please Remember

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

