**ACTIVE HOME PHYSICAL EDUCATION: JUMPING AND LANDING FOR GRADES 3 THROUGH 5**

Complete the activity with a family member. Don’t forget to log your daily physical activity time.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will live an active lifestyle while staying home from school. | I will develop endurance by performing today’s learning focus activity. | I will develop my personal fitness by getting 60 minutes of physical activity. | I will find my heart rate and check to see if it beats faster while I am physically active. | I will create a simple jump rope routine and share it with a friend or family member. |
| **Today’s Vocabulary** | **Active Lifestyle**A way of life that makes physical activity an everyday routine. | **Endurance**My ability or strength to continue a task our exercise without stopping. Stamina. | **Routine**A sequence of steps that can be followed. | **Heart Rate**The speed that my heart is beating, measured in beats per minute. | **Fitness**My body’s ability to meet the physical, intellectual and emotional demands for everyday living. |
| **Warm-Up Activity** | [Get Up](https://family.gonoodle.com/activities/get-up)(GoNoodle) | [Turn Up The Bass](https://family.gonoodle.com/activities/turn-up-the-bass)(GoNoodle) | [Get Up](https://family.gonoodle.com/activities/get-up)(GoNoodle) | [Turn Up the Bass](https://family.gonoodle.com/activities/turn-up-the-bass)(GoNoodle) | You choose your favorite warm-up! |
| **Learning Focus Activity** | **Activity 1:** [Jump Rope Progression](https://openphysed.org/wp-content/uploads/2016/02/I-06-13-JumpRopeProgressionCard.pdf) – Practice your basic jump rope skills.**Activity 2:** [Creative Mode Jump Rope](https://openphysed.org/wp-content/uploads/2016/02/I-06-14-JumpRope-CreativeModeStations.pdf)Do as many jump tricks as you can. | **Activity 1:** [Jumping Tabata Challenge](https://openphysed.org/wp-content/uploads/2016/02/3-5-06-12-FitKnow-TabataJumping.pdf)**Activity 2:**[Ninja Warrior Jump Challenges](https://openphysed.org/wp-content/uploads/2016/02/Home-I-15-08a-NinjaWarrior-StationCards-FloorTape1.pdf) | **Activity 1:** [Creative Mode Jump Rope](https://openphysed.org/wp-content/uploads/2016/02/I-06-14-JumpRope-CreativeModeStations.pdf)Do as many jump tricks as you can.**Activity 2:** [Create a jump rope routine](https://openphysed.org/wp-content/uploads/2016/02/I-06-18-JumpRope-RoutineTaskCard.pdf) with 3 different tricks. | **Activity 1:** [Jumping Tabata Challenge](https://openphysed.org/wp-content/uploads/2016/02/3-5-06-12-FitKnow-TabataJumping.pdf)**Activity 2:**[Ninja Warrior Jump Challenges](https://openphysed.org/wp-content/uploads/2016/02/Home-I-15-08a-NinjaWarrior-StationCards-FloorTape1.pdf) | **Today’s your day!** Practice the jump rope routine that you created on Day 3 and then perform it for a friend or family member. |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) |
| **Mindfulness** | [Strengthen Focus](https://family.gonoodle.com/activities/strengthen-your-focus)(GoNoodle) | [Relieve Anxiety](https://family.gonoodle.com/activities/relieve-anxiety)(GoNoodle) | [Strengthen Focus](https://family.gonoodle.com/activities/strengthen-your-focus)(GoNoodle) | [Relieve Anxiety](https://family.gonoodle.com/activities/relieve-anxiety)(GoNoodle) | [Strengthen Focus](https://family.gonoodle.com/activities/strengthen-your-focus)(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?** |  |  |  |  |  |