

# JUGGLE NUTRITION

## Checklist for Learning

### Students and families:

During the next 4 weeks we will be learning about MyPlate and the 5 food groups, as well as developing basic juggling skills. To learn juggling we will use videos from the [National Circus Project](#). To learn about nutrition, we'll use resources from [Nutrition From The Hart](#). Keep both of these websites handy just in case you need to look for a file or video.

Also, keep this page in a safe place. It's a checklist of everything that you will need to complete during this 4-week *Juggling Nutrition* experience! But, if there's ever a time when you need a copy of our learning materials, you can visit: [OPENPhysEd.org](#) to download activity pages, assignments, and watch video demonstrations of the learning activities that we'll be using in physical education class.

### Grades 3-5 Physical Education Checklist for Juggling Nutrition

CHECK	WEEK 1 of 4
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include <a href="#">Basic Juggling Practice</a> at least 3X per week.
	Complete <i>Food Group Decoders</i> from <a href="#">NutritionFromTheHart.com</a>
WEEK 2 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include <a href="#">Basic Juggling Practice</a> at least 3X per week.
	Complete <i>Food Group Find-It</i> from <a href="#">NutritionFromTheHart.com</a>
WEEK 3 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include <a href="#">3 Scarf Juggling</a> at least 3X per week.
	Complete <i>Build A Balanced Meal</i> from <a href="#">NutritionFromTheHart.com</a>
WEEK 4 of 4	
	Attend physical education class, have fun, and stay healthy and safe.
	Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include <a href="#">3 Scarf Juggling</a> practice at least 3X per week.
	Complete <i>Food Group Pizza Goals</i> from <a href="#">NutritionFromTheHart.com</a>