

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 9-12 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 3 Scarf Juggling at least 3X per week.
	Complete <i>MyPlate Social Media Profile</i> from NutritionFromTheHart.com
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 Basic Ball Juggling Practice at least 3X per week.
	Complete <i>Recipe Scavenger Hunt</i> from NutritionFromTheHart.com
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 Basic Ball Juggling Practice at least 3X per week.
	Complete <i>Build Balanced Meals (Level 3)</i> from NutritionFromTheHart.com
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 Basic Ball Juggling Practice at least 3X per week.
	Complete <i>Food Group Pizza Goals</i> from NutritionFromTheHart.com