ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 WEEK 8

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
My Learning Goals	I will practice field day events with a genuine interest and a desire for excellence.	I will use positive language with myself and others that helps me work toward improvement.	I will practice in an effort to improve my field day event performances.	I will choose words and actions that help to create a positive environment in my home.	I will follow the spirit of the game throughout National Field Day.
Today's Vocabulary	**ACTIVELY ENGAGE** To participate in an activity while showing genuine interest and a desire for excellence.	**GROWTH MINDSET** A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point.	**IMPROVE** To achieve a higher standard or quality; to make or become better.	**POSITIVE ENVIRONMENT** An environment in which people respect, encourage, and support one another at all times.	**SPIRIT OF THE GAME** Respect, following rules, and the joy of play are valued over competition.
Warm-Up Activity	Healer Warm-Up (Darebee.com)	Cardio Fix (Darebee.com)	Mr. Grumpy (Darebee.com)	Healer Warm-Up (Darebee.com)	YOUR CHOICE (Darebee.com)
Learning Focus Activity	**Activity 1:** Field Day Pack 1 Practice at least 3 of the field day events. **Record scores on the Practice Plan**	**Activity 2:** Field Day Pack 2 Practice at least 3 of the field day events. **Record scores on the Practice Plan**	**Activity 3:** Field Day Pack 3 Practice at least 3 of the field day events. **Record scores on the Practice Plan**	**Activity 4:** Field Day Complete Packet Choose and practice the events you want to do on Field Day.	**Activity 5:** **IT'S NATIONAL FIELD DAY!!!** Get the Score Card *Follow the Spirit of the Game.*
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)
How am I feeling today?	😄 😜 🙁	😄 😜 🙁	😄 😜 🙁	😄 😜 🙁	😄 😜 🙁