

## ACTIVE HOME PHYSICAL EDUCATION: GRADES K-2 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
<b>My Learning Goals</b>	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.
<b>Today's Vocabulary</b>	<b>ACTIVELY ENGAGE</b> To participate in an activity while showing genuine interest and a desire for excellence.	<b>GROWTH MINDSET</b> A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point.	<b>IMPROVE</b> To achieve a higher standard or quality; to make or become better.	<b>POSITIVE ENVIRONMENT</b> An environment in which people respect, encourage, and support one another at all times.	<b>SPIRIT OF THE GAME</b> Respect, following rules, and the joy of play are valued over competition.
<b>Warm-Up Activity</b>	<a href="#">All Star</a> (GoNoodle)	<a href="#">Twist &amp; Shout</a> (GoNoodle)	<a href="#">You Are What You Eat</a> (GoNoodle)	<a href="#">Zap It</a> (GoNoodle)	<a href="#">Banana Banana Meatball</a> (GoNoodle)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">Field Day Pack 1</a> Practice at least 3 of the field day events. <b>Record scores on the <a href="#">Practice Plan</a></b>	<b>Activity 2:</b> <a href="#">Field Day Pack 2</a> Practice at least 3 of the field day events. <b>Record scores on the <a href="#">Practice Plan</a></b>	<b>Activity 3:</b> <a href="#">Field Day Pack 3</a> Practice at least 3 of the field day events. <b>Record scores on the <a href="#">Practice Plan</a></b>	<b>Activity 4:</b> <a href="#">Field Day Complete Packet</a> Choose and practice the events you want to do on Field Day.	<b>Activity 5:</b> <b>IT'S NATIONAL FIELD DAY!!!</b> <a href="#">Get the Score Card</a> <i>Follow the Spirit of the Game.</i>
<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="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)
<b>How am I feeling today?</b>	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞