

## ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL WEEK 7

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 can practice field day events with a genuine interest and a desire for excellence.	I can follow the rules of each field day activity and demonstrate the joy of participation.	I can use positive language with myself and others that helps me work toward improvement.	I can keep working toward improvement and will not get discouraged.	I can be friendly, generous and kind with my family and friends.
<b>Today's Vocabulary</b>	<b>ACTIVELY ENGAGE</b> To participate in an activity while showing genuine interest and a desire for excellence.	<b>SPIRIT OF THE GAME</b> Respect, following rules, and the joy of play are valued over competition.	<b>GROWTH MINDSET</b> A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point.	<b>GRIT</b> The combination of passion and perseverance, which allows you to keep developing skill and working toward achievement.	<b>KINDNESS</b> The quality of being friendly, generous, and considerate to others.
<b>Warm-Up Activity</b>	<a href="#">Mr. Grumpy</a> (Darebee.com)	<a href="#">Cardio Fix</a> (Darebee.com)	<a href="#">Mr. Grumpy</a> (Darebee.com)	<a href="#">Cardio Fix</a> (Darebee.com)	<a href="#">Mr. Grumpy</a> (Darebee.com)
<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 1</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 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 2</a> Practice at least 3 of the field day events. <b>Record scores on the <a href="#">Practice Plan</a></b>	<b>Activity 5:</b> <a href="#">Field Day Complete Packet</a> Practice at least 5 of the field day events. <b>Have FUN!</b>
<b>Daily Movement Activity</b>	<a href="#">Explorer Darebee</a>	<a href="#">Explorer Darebee</a>	<a href="#">Explorer Darebee</a>	<a href="#">Explorer Darebee</a>	<a href="#">Explorer Darebee</a>
<b>Refocus</b>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>
<b>Did I log my total activity time?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>	<b>YES or NO?</b>
<b>How am I feeling today?</b>	  	  	  	  	  