**ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 HELLO SUMMER CHOICE BOARD**

Complete the activity with a friend or family member. Don’t forget to log your daily physical activity time.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will make physical activity choices that help to keep my body healthy and strong. | I will eat nutritious foods that fuel my body with healthy calories, vitamins and minerals. | I will focus on safety during all physical activities. | I will participate in physical education activities because I value good health. | I will talk about the health benefits of my physical activity choices. |
| **Today’s Vocabulary** | **PHYSICAL ACTIVITY**  Any physical movement that uses the body’s energy. | **NUTRITIOUS**  A word to describe food that provides the body with health-giving nutrients (e.g. vitamins and minerals). | **safety**  The condition of being protected against physical, social, and emotional harm. | **good health**  A state of being free from illness or injury. | **Health Benefits**  Improvement to your overall wellbeing resulting from physical activity or food choices. |
| **Warm-Up Activity** | [The Sunny Side](https://family.gonoodle.com/activities/stay-on-the-sunny-side)  (GoNoodle) | [You Are](https://family.gonoodle.com/activities/you-are-what-you-eat)  [What You Eat](https://family.gonoodle.com/activities/you-are-what-you-eat)  (GoNoodle) | [The Sunny Side](https://family.gonoodle.com/activities/stay-on-the-sunny-side)  (GoNoodle) | [You Are](https://family.gonoodle.com/activities/you-are-what-you-eat)  [What You Eat](https://family.gonoodle.com/activities/you-are-what-you-eat)  (GoNoodle) | [The Sunny Side](https://family.gonoodle.com/activities/stay-on-the-sunny-side)  (GoNoodle) |
| **Learning Focus Activity** | **Hello Summer 1:**  Use the [Hello Summer Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-CHOICE-HelloSummer-ChoiceBoard-Week11.pdf) to be active for a least 30-minutes | **Hello Summer 2:**  Use the [Hello Summer Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-CHOICE-HelloSummer-ChoiceBoard-Week11.pdf) to be active for a least 30-minutes | **Hello Summer 3:**  Use the [Hello Summer Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-CHOICE-HelloSummer-ChoiceBoard-Week11.pdf) to be active for a least 30-minutes | **Hello Summer 4:**  Use the [Hello Summer Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-CHOICE-HelloSummer-ChoiceBoard-Week11.pdf) to be active for a least 30-minutes | **Hello Summer 5:**  Use the [Hello Summer Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-K5-CHOICE-HelloSummer-ChoiceBoard-Week11.pdf) to be active for a least 30-minutes |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2020/03/04-CAL-DEAM-May-Final.pdf) |
| **Refocus** | [Live In The Moment](https://family.gonoodle.com/activities/live-in-the-moment)  (GoNoodle) | [Chin Up](https://family.gonoodle.com/activities/chin-up)  (GoNoodle) | [Live In The Moment](https://family.gonoodle.com/activities/live-in-the-moment)  (GoNoodle) | [Chin Up](https://family.gonoodle.com/activities/chin-up)  (GoNoodle) | [Live In The Moment](https://family.gonoodle.com/activities/live-in-the-moment)  (GoNoodle) |
| **Did I log my total activity time?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** |
| **How am I feeling today?** |  |  |  |  |  |