**ACTIVE HOME PHYSICAL EDUCATION: 3-5 Fitness Knowledge**

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| **5 Day Rotation** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| “I can” Goals | I can keep an active lifestyle while staying at home from school. | I can develop my personal fitness by staying active for 60 minutes each day. | I can develop my cardiorespiratory endurance at home. | I can develop my muscular strength at home to improve overall fitness. | I can flex and extend my muscles to improve my overall fitness. |
| Academic  Language  for Today | **ACTIVE LIFESTYLE**  A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines. | **FITNESS**  The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living. | **CARDIORESPIRATORY ENDURANCE**  The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise. | **MUSCULAR STRENGTH**  The maximum amount of force a muscle can produce in a single effort. | **DYNAMIC STRETCHING**  An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles. |
| Warm-up | [Trolls September](https://www.youtube.com/watch?v=lU6ZXl6YgI0) | [Trolls September](https://www.youtube.com/watch?v=lU6ZXl6YgI0) | [Trolls September Dance](https://www.youtube.com/watch?v=lU6ZXl6YgI0) | [Trolls September](https://www.youtube.com/watch?v=lU6ZXl6YgI0) | [Trolls September](https://www.youtube.com/watch?v=lU6ZXl6YgI0) |
| Home Activity | [Fitness Knowledge](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0)  Today you’re going to complete a series of 1-Minute Fitness Challenges.  [1 Minute Fitness Challenges Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0) | [Health-Related Fitness](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03G-FitKnow-HealthRelatedFitnessChallengeCard.pdf?dl=0)  Today we’re going to complete a series of Health-Related Fitness Challenges.  [Health Related Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03G-FitKnow-HealthRelatedFitnessChallengeCard.pdf?dl=0) | [Skill Related Fitness](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03H-FitKnow-SkillRelatedFitnessChallengeCard.pdf?dl=0)  Today we’re going to complete a series of Skill-Related Fitness Challenges.  [Skill Related Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03H-FitKnow-SkillRelatedFitnessChallengeCard.pdf?dl=0) | [Invisible Dumbbells](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03D-FitKnow-InvisibleDumbbellChallengeCard.pdf?dl=0)  Today we’re going to complete a series of Invisible Dumbbell Challenges.  [Invisible Dumbbell Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03D-FitKnow-InvisibleDumbbellChallengeCard.pdf?dl=0) | [Fitness Knowledge](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0)  Today you’re going to complete a series of 1-Minute Fitness Challenges.  [1 Minute Fitness Challenges Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0) |
| Daily Fitness Activity | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) |
| Mindfulness | Choose 3 poses to perform. Hold each pose for 30sec to 60 sec.  [Yoga Flash Cards](https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf) | Sun Salutation #1 Perform with family following the peer coaching cards.  [Sun Salutation #1](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Choose 3 poses to perform with family. Hold each pose for 30sec to 60 sec.  [Yoga Flash Cards](https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf) | Sun Salutation #2 Perform with family following the peer coaching cards.  [Sun Salutation #2](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Choose three poses to perform with family. Hold each pose for 30sec to 60 sec.  [Yoga Flash Cards](https://openphysed.org/wp-content/uploads/2019/11/E-10-6f-Yoga-YogaPoseCards.pdf) |