**Physical Education and Mental Well-Being Activities**

Week 5: Monday May 4th to Friday May 8th

Below are the activities/challenge you may choose to incorporate into your schedule this week to stay fit! Remember to stay active and wash your hands!!

* Mr. Walsh

**Week 5 Challenge:**

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **“I Can” Goals** | I can live an active lifestyle while staying home from school. | I can develop endurance by performing today’s learning focus activity. | I can develop my personal fitness by getting 60 minutes of physical activity. | I can find my heart rate and check to see if it beats faster while I am physically active. | I can create a simple jump rope routine and share it with a friend or family member. |
| **Today’s Vocabulary** | **Active Lifestyle**  A way of life that makes physical activity an everyday routine. | **Endurance**  My ability or strength to continue a task our exercise without stopping. Stamina. | **Routine**  A sequence of steps that can be followed. | **Heart Rate**  The speed that my heart is beating, measured in beats per minute. | **Fitness**  My body’s ability to meet the physical, intellectual and emotional demands for everyday living. |
| **Warm-Up Activity** | [Get Up](https://family.gonoodle.com/activities/get-up)  (GoNoodle) | [Turn Up The Bass](https://family.gonoodle.com/activities/turn-up-the-bass)  (GoNoodle) | [Get Up](https://family.gonoodle.com/activities/get-up)  (GoNoodle) | [Turn Up the Bass](https://family.gonoodle.com/activities/turn-up-the-bass)  (GoNoodle) | You choose your favorite warm-up! |
| **Learning Focus Activity (Choose 1 activity each day)** | **Activity 1:** [Jump Rope Progression](https://openphysed.org/wp-content/uploads/2016/02/I-06-13-JumpRopeProgressionCard.pdf) – Practice your basic jump rope skills.  **Activity 2:** [Creative Mode Jump Rope](https://openphysed.org/wp-content/uploads/2016/02/I-06-14-JumpRope-CreativeModeStations.pdf)  Do as many jump tricks as you can. | **Activity 1:** [Jumping Tabata Challenge](https://openphysed.org/wp-content/uploads/2016/02/3-5-06-12-FitKnow-TabataJumping.pdf)  **Activity 2:**  [Ninja Warrior Jump Challenges](https://openphysed.org/wp-content/uploads/2016/02/Home-I-15-08a-NinjaWarrior-StationCards-FloorTape1.pdf) | **Activity 1:** [Creative Mode Jump Rope](https://openphysed.org/wp-content/uploads/2016/02/I-06-14-JumpRope-CreativeModeStations.pdf)  Do as many jump tricks as you can.  **Activity 2:** [Create a jump rope routine](https://openphysed.org/wp-content/uploads/2016/02/I-06-18-JumpRope-RoutineTaskCard.pdf) with 3 different tricks. | **Activity 1:** [Jumping Tabata Challenge](https://openphysed.org/wp-content/uploads/2016/02/3-5-06-12-FitKnow-TabataJumping.pdf)  **Activity 2:**  [Ninja Warrior Jump Challenges](https://openphysed.org/wp-content/uploads/2016/02/Home-I-15-08a-NinjaWarrior-StationCards-FloorTape1.pdf) | **Today’s your day!** Practice the jump rope routine that you created on Day 3 and then perform it for a friend or family member. |
| **Daily Movement 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) |

**Mental Wellness Reminder:**

