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

Week 7: Monday May 19th to Friday May 22nd

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 7 Challenge:**

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| --- | --- | --- | --- | --- | --- |
|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **“I Can” Goals** | I can show agility when moving my body and equipment safely across the room.  | I can show power and control while passing in personal space.  | I show reaction time when placing shoes creatively on the tower.  | I can show speed and agility while completing my dinner dice challenge. | I can demonstrate my skills learned throughout the week.  |
| **Today’s Vocabulary** | **AGILITY**The ability to change body directions quickly and efficiently. | **COORDINATION**The ability to use different body parts together smoothly and efficiently. | **REACTION TIME**The time taken to respond effectively to what you hear, see, or feel. | **SPEED**The ability to propel the body rapidly from one point to another. | **PRACTICE**To perform an activity regularly in order to improve or maintain skill. |
| **Warm-Up Activity** | [Footloose](https://family.gonoodle.com/activities/footloose)(GoNoodle) | [Fresh Prince](https://family.gonoodle.com/activities/fresh-prince-theme-song) (GoNoodle) | [Jump](https://family.gonoodle.com/activities/jump)(GoNoodle) | [Kidz Bop Shuffle](https://family.gonoodle.com/activities/kidz-bop-shuffle)(GoNoodle) | You choose your favorite warm-up! |
| **Learning Focus Activity** | **Activity 1:****Fan Favorite**The object is to use a paper plate to fan a grocery bag across the room and then back before 1 minute expires. Complete 3 times. | **Activity 2:** [Self-Passing Challenge](https://openphysed.org/wp-content/uploads/2015/12/M-03-07a-Roundnet-SelfPassingChallengeCard.pdf)Can you keep a balloon, zip lock bag with air or sock ball in the air with consistent strikes? | **Activity 3:** **Leaning Tower**The object is to create a tower with 2 pairs of shoes. Each time the tower falls perform 10 Jumping Jacks. If the tower stands, do 10 push-ups. | **Activity 4:** [My Dinner Dice](https://openphysed.org/wp-content/uploads/2018/04/C-01-NR03-MyPlateDinnerDiceChart.pdf) Use the Dinner Dice Fitness Chart. Roll a dice to see what exercise you will complete. Start at the protein group and work to the right. | **Activity 5:**Choose Your Own ChallengePick your favorite workout from the week.  |
| **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) |
| **Refocus** | [Melting](https://family.gonoodle.com/activities/melting)(GoNoodle) | [Weather the Storm](https://family.gonoodle.com/activities/weather-the-storm)(GoNoodle) | [Melting](https://family.gonoodle.com/activities/melting)(GoNoodle) | [Weather the Storm](https://family.gonoodle.com/activities/weather-the-storm)(GoNoodle) | [Melting](https://family.gonoodle.com/activities/melting)(GoNoodle) |

**Mental Wellness Reminder:**

