



AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

ACTIVE HOME PHYSICAL EDUCATION: GRADES K-2 FAMILY WELLNESS CHOICE BOARD

Complete the choice board 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
My Learning Goals	I will list fun physical activities on my family wellness choice board.	I will list healthy foods on my family wellness choice board.	I will list activities to help me relax on my family wellness choice board.	I will actively work toward wellness for myself and others.	I will build positive relationships throughout the summer.
Today's Vocabulary	PHYSICAL ACTIVITY Any physical movement that uses the body's energy.	HEALTHY FOOD Foods that contribute to a person's overall wellness with balanced nutrition.	RELAX To rest or release tension.	WELLNESS A state of being in good health.	RELATIONSHIP The way in which two or more people (places, things, objects) are connected.
Warm-Up Activity	The Sunny Side (GoNoodle)	Pump It Up (GoNoodle)	The Sunny Side (GoNoodle)	Pump It Up (GoNoodle)	The Sunny Side (GoNoodle)
Learning Focus Activity	Physical Activity: Build your choice board by choosing fun physical activities. Then give them a try!	Healthy Food: Build your choice board by choosing healthy foods. After that, try one of the physical activities listed on your board.	Relaxation: Build your choice board by choosing activities that help your family relax. After that, be physically active!	Wellness: Use your Family Wellness Choice Board to be active for at least 30-minutes.	Relationship: Grab someone you love. Now, use your Family Wellness Choice Board to be active together.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Have Compassion (GoNoodle)	Have Compassion (GoNoodle)	Have Compassion (GoNoodle)	Have Compassion (GoNoodle)	Have Compassion (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?	😊 😄 😐	😊 😄 😐	😊 😄 😐	😊 😄 😐	😊 😄 😐



FAMILY SUMMER WELLNESS PLAN

MIND * BODY * SPIRIT

Complete this *Summer Wellness Plan* with your family. Keep it in a place where everyone can see it.

As a family, list at least 3 physical activities that you can enjoy together during the summer.	
As a family, list at least 3 healthy foods that you can enjoy together during the summer.	
As a family, list at least 3 things that you can do to help each other feel relax and calm .	



FAMILY SUMMER WELLNESS PLAN

MIND * BODY * SPIRIT

Create a choice board to help your family stay healthy and active throughout the summer.

Print this worksheet and write your family wellness ideas in each box.

During Summer Vacation, keep this choice board on your wall or refrigerator for ideas for staying healthy and active.

Fun Physical Activity:	Fun Physical Activity:	Fun Physical Activity:	Fun Physical Activity:
Healthy Food Choice:	Healthy Food Choice:	Healthy Food Choice:	Healthy Food Choice:
Calm and Relaxing Activity:			

JUNE

DEAM Calendar

Drop Everything And Move

JUMP IN

with both feet

Name:

Teacher:

Purpose:

This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Enjoy the great outdoors!
	2	Do as many curl-ups as you can.
	3	Use sidewalk chalk to make a hopscotch board.
	4	Call out words that rhyme with "pop" while you hop in place.
	5	Take a walk.
	6	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8	It's National Gardening Week. Plant something!
	9	Do as many trunk-lifts as you can.
	10	Use sidewalk chalk to make a 2-square game and challenge a friend.
	11	Do push-up shoulder taps while someone calls out words for you to spell.
	12	Take a walk.
	13	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	14	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	15	Go on a hike!
	16	Do as many squats as you can.
	17	Use sidewalk chalk to draw a maze and challenge an adult.
	18	Perform squat-jumps while naming bones in the body.
	19	Take a walk.
	20	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	21	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	22	Lightning Safety Week: Play outside if it is SAFE!
	23	Do as many push-ups as you can.
	24	Use sidewalk chalk to invent a game! Play the game with a neighbor.
	25	Read a book while doing a wall sit.
	26	Take a walk.
	27	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	28	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	29	Help someone with their chores!
	30	Do as many star-jumps as you can.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return this calendar to your teacher at the end of the month.

JULY DEAM Calendar

Drop Everything And Move

SUMMER
MADE for MOVEMENT

Name:

Teacher:

Purpose:

This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Summer Fun: Do anything you enjoy that involves MVPA.
	2	Read a book while standing or walking in place.
	3	Take a walk.
	4	Think about what you eat. Make at least 1 healthy choice today.
	5	Do some yoga today. Search YouTube for ideas.
	6	July is Picnic Month. Pack a lunch and take a hike!
	7	Do as many reps as you can of any exercise. Track your progress.
	8	Summer Fun: Do anything you enjoy that involves MVPA.
	9	Read a book while standing or walking in place.
	10	Take a walk.
	11	Think about what you eat. Make at least 2 healthy choices today.
	12	Do some yoga today. Search YouTube for ideas.
	13	July is Anti-Boredom Month. Stay active today!
	14	Do as many reps of the same exercise from July 7th. Track your progress.
	15	Summer Fun: Do anything you enjoy that involves MVPA.
	16	Read a book while standing or walking in place.
	17	Take a walk.
	18	Think about what you eat. Make at least 3 healthy choices today.
	19	Do some yoga today. Search YouTube for ideas.
	20	July is Ice Cream Month. Stay active and reward yourself with a treat!
	21	Do as many reps of the same exercise from July 7th. Track your progress.
	22	Summer Fun: Do anything you enjoy that involves MVPA.
	23	Read a book while standing or walking in place.
	24	Take a walk.
	25	Think about what you eat. Make at least 4 healthy choices today.
	26	Do some yoga today. Search YouTube for ideas.
	27	July is Blueberry Month. Remember to get 3 servings of fruit today.
	28	Do as many reps of the same exercise from July 7th. Track your progress.
	29	Summer Fun: Do anything you enjoy that involves MVPA.
	30	Read a book while standing or walking in place.
	31	Take a walk.

Please Remember

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- ✓ Return this calendar to your teacher at the end of the month.