OPEN®

AT-HOME PHYSICAL EDUCATION
Weekly Plan for Students and Families

APRIL 20 – 24 ACTIVE HOME PHYSICAL EDUCATION: JUMPING AND LANDING FOR GRADES 3 THROUGH 5
Complete the activity with a family member. Don't forget to log your daily physical activity time.

	APRIL 20	APRIL 21	APRIL 22	APRIL 23	APRIL 24
My Learning Goals	I will live an active lifestyle while staying home from school.	I will develop endurance by performing today's learning focus activity.	I will develop my personal fitness by getting 60 minutes of physical activity.	I will find my heart rate and check to see if it beats faster while I am physically active.	I will 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 (GoNoodle)	Turn Up The Bass (GoNoodle)	Get Up (GoNoodle)	Turn Up the Bass (GoNoodle)	You choose your favorite warm-up!
Learning Focus Activity	**Activity 1:** Jump Rope Progression – Practice your basic jump rope skills. **Activity 2:** Creative Mode Jump Rope Do as many jump tricks as you can.	**Activity 1:** Jumping Tabata Challenge **Activity 2:** Ninja Warrior Jump Challenges	**Activity 1:** Creative Mode Jump Rope Do as many jump tricks as you can. **Activity 2:** Create a jump rope routine with 3 different tricks.	**Activity 1:** Jumping Tabata Challenge **Activity 2:** Ninja Warrior Jump Challenges	**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	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Mindfulness	Strengthen Focus (GoNoodle)	Relieve Anxiety (GoNoodle)	Strengthen Focus (GoNoodle)	Relieve Anxiety (GoNoodle)	Strengthen Focus (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?	😀 🤪 🙁	😀 🤪 🙁	😀 🤪 🙁	😀 🤪 🙁	😀 🤪 🙁

For more physical education resources and activity ideas for your family visit OPENPhysEd.org