

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Learning goals	I will continue to work hard to maintain a healthy lifestyle	I will continue to work hard to maintain a healthy lifestyle	I will continue to work hard to maintain a healthy lifestyle	I will continue to work hard to maintain a healthy lifestyle	I will continue to work hard to maintain a healthy lifestyle
Vocabulary	TRUST : A good feeling you get when you can rely on someone or something. We trust that our teachers and classmates will behave in ways that help to keep everyone safe.	ENJOY : To have a fun time. We enjoy playing physical activity games. We enjoy physical activity and it helps to protect our health.	ENTHUSIASM : An important feeling you get when you're excited about a goal and are motivated to work toward that goal.	RESOURCE : Supplies, opportunities, and support that a person can use in order to do a job or live productively.	ENCOURAGEMENT : A feeling of support, confidence, or hope.
Warm-up	Let's Warm-up https://youtu.be/eVvXTS BGRU0	Let's Dance https://safeyoutube.net/w/1C98	Let's Warm-up https://www.darebee.com/workouts/quick-warmup-workout.html	Let's Dance Watch and copy https://safeyoutube.net/w/IJGI	Let's Dance Watch and copy https://safeyoutube.net/w/N eGA
Activity	Pick-a-Card Fitness (health-related) Watch video for instructions https://youtu.be/YF IGgJmW6Qs https://drive.google.com/file/d/1r8EiAK u7PsKYH_qJWW_nn ume87RqDkyF/view?usp=sharing use this link to draw a card or use your own deck of cards https://youtu.be/nkoySg eCI2E	Pick-a-Card Fitness (skill-related) Watch video for instructions https://youtu.be/YFIgGJmW6Qs https://drive.google.com/file/d/126Sm2BJte-q1hIsKDLBifkMYDRD4bH74/view?usp=sharing use this link to draw a card or use your own deck of cards https://youtu.be/nkoySgeCI2E	Tabata Dice Race (health-related) Watch video for instructions https://youtu.be/HB1_Wef1moQ https://drive.google.com/file/d/1vBB3DE1MoE2A6PyuMBikkI7WnihHeVVa/view?usp=sharing No die, no problem us this link to roll the die. https://youtu.be/9L-VhUmir-A Pause the video to get the number of spaces you need to move.	Tabata Dice Race (skill-related) Watch video for instructions https://youtu.be/HB1_Wef1moQ https://drive.google.com/file/d/1TzSne0pHrw7UOH3T_6_NyxgveoQXgAqt/view?usp=sharing No die, no problem us this link to roll the die. https://youtu.be/9L-VhUmir-A Pause the video to get the number of spaces you need to move.	3 Inspirational stories of Courage Please take the time watch all 3. Don't have to watch all at once. https://youtu.be/EUuF8nkV-HA https://youtu.be/h3D6PMYbOks https://youtu.be/G3IF-ZLNtCk
Mindful Meditation	Cool Down https://youtu.be/2PcCmx EW5WA	Cool Down https://youtu.be/rC0m_-HQcRU	Cool Down https://youtu.be/n-4oQEfVSeU	Cool Down https://youtu.be/RbHL7kud eKg	Cool Down https://fit.sanfordhealth.org/resources/fit-workout-yoga-flow-video
Assessment	Who is 1 person you trust?	What activity do you enjoy the most?	What is one place you get excited about?	What resources are important to you?	What one person gives you the most encouragement?