At Home Learning Packet 11-16

Directions:  1. Complete the Physical Activity and Nutrition journal for the week.

2. Answer the questions on page 2.

*\* You may submit a digital format via livegrades or turn in a hard copy.*

**Physical Activity**  *Resources*: Try and use an activity from the attached Physical Activity Resource page.

|  |  |
| --- | --- |
| **DAY** | **Describe the Physical Activity or Activities : 60 Minutes**  (ex. walking, running, riding a bike, yoga, strength training, etc.). |
| DAY 1 |  |
| DAY 2 |  |
| DAY 3 |  |
| DAY 4 |  |
| DAY 5 |  |
| DAY 6 |  |

**Nutrition** - Encourage your family to follow the nutrition guidelines on [www.myplate.gov](http://www.myplate.gov)

|  |  |  |  |
| --- | --- | --- | --- |
| **DAY** | **Breakfast** | **Lunch** | **Dinner** |
| DAY 1 |  |  |  |
| DAY 2 |  |  |  |
| DAY 3 |  |  |  |
| DAY 4 |  |  |  |
| DAY 5 |  |  |  |
| DAY 6 |  |  |  |

**Journal Reflection Questions** - Use the rubric as a guide to completing the reflection questions. Dig deep with your answers, provide details, and don’t give surface-level responses.

1. What were your biggest challenges this week for physical activity and nutrition?
2. How can you improve for next week?
3. What were your biggest successes this week for physical activity and nutrition?
4. What are you doing to support your immune system? (Explain in detail using examples)

**Scoring Rubric**

**Physical Literacy:** An individual's ability, confidence and desire to be physically active for life.  **Health Literacy:** An individual's capacity to access information, resources and services necessary to maintaining and promoting health.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **0 point** | **20 points** | **30  points** | **40  points** | **50 points** |
| **No Evidence**. Your assignment is incomplete. | **Not Yet!** Your answers do not demonstrate a clear understanding of physical and health literacy. | **Making Progress!** Your answers demonstrate a partial understanding of physical and health literacy. | **Good Thinking!** Your answers demonstrate you’re thinking by making some connections between your ideas/experiences and the physical and health literacy you have gained from class. You have provided some specific details to show solid learning. | **Strong Thinking!** Your answers provide strong thinking by making clear connections between your ideas/experiences and the physical and health literacy you have gained from your class. You have provided specific details to show rich learning. |

**\_\_\_\_\_\_\_\_ / 50 Points Total**