***At Home Activity Packet #17 – 21***

**Physical Activity** – Try a **NEW** physical activity for the week. Use the physical activity resource page for an example. Answer the following questions regarding physical activity.

1. List your new physical activity and why did you choose it?
2. What did you like or dislike about the physical activity?
3. How did this activity help with your physical **and** mental health?

**Nutrition** - Create a meal at home for your family that includes all of the food groups that meet the www.myplate.gov nutritional requirements. Answer the following questions regarding the meal.

1. List the meal you chose and why did you choose it?
2. What did you like or dislike about the meal?
3. What would you do differently the next time you created this meal?

**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.

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| --- | --- | --- | --- | --- |
| **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**

Physical Activity Resources:

**Fitness**

<https://www.fitnessblender.com/videos>

<https://www.darebee.com/>

Free in-home workouts <https://www.planetfitness.com/>

Periodic table of Bodyweight Exercises <https://www.cbhpe.org/periodic-table-youtube>

**Yoga**

Yoga App <https://19minuteyoga.com/>

Yoga Videos <https://yogawithadriene.com/free-yoga-videos/>

**Dance**

Record a TikTok Dance 

**Mountain Biking**

Biking Techniques <https://www.rei.com/learn/expert-advice/mountain-biking-techniques.html>

Biking for Beginners <https://www.rei.com/learn/expert-advice/mountain-biking-beginners.html>

**Rock Climbing/ Bouldering**

Bouldering basics <https://www.rei.com/learn/expert-advice/bouldering.html>

Rock Climbing basics <https://www.rei.com/learn/expert-advice/getting-started-rock-climbing.html>

**Hiking & Orienteering**

How to Read a Topo Map

<https://www.rei.com/learn/expert-advice/topo-maps-how-to-use.html?series=intro-to-navigation>

How to Use a Compass <https://www.rei.com/learn/expert-advice/navigation-basics.html>

Backpacking <https://www.rei.com/learn/expert-advice/backpacking-clothes.html>