***At Home Activity Packet #22 – 26***

**Physical Activity** – Try a **NEW** physical activity for the week **with a family member**. Use the physical activity resource page for an example. Answer the following questions on a separate paper.

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

**Mental Health** – Find ways to improve your mental health by giving yourself a chance to rest, relax, and recharge. Find ways to practice better self care so that your immune system is in top shape. (Examples: Meditation, Yoga, Breathing Exercises, Coloring, Journaling, Doing Something for Others, Physical Activity, Etc.) Answer the following questions.

1. How have you been caring for your body while adapting to a new routine?
2. How are you caring for your mental/emotional health? (Hobbies you have been enjoying more, talking about concerns/worries)
3. How have you been maintaining social connection?

**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**

Physical Activity Resources:

**Fitness**

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

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

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

NEW Tabata Fitness <https://openphysed.org/wp-content/uploads/2020/03/MMNOW06-TabataStationspdf.pdf>

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**

NEW Create a Dance using the track:<https://hhph.org/resources/to-the-core-music-track/>

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>

**Kayaking**

NEW Getting started <https://www.rei.com/learn/expert-advice/getting-started-kayaking.html>

NEW How to paddle a kayak <https://www.rei.com/learn/expert-advice/kayak-strokes.html>

**Paddle Boarding**

NEW Paddle Board Strokes <https://www.rei.com/learn/expert-advice/paddle-boarding-paddles-and-strokes.html>

NEW Paddle Board Basics <https://www.rei.com/learn/expert-advice/paddleboarding.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>

At Home Learning Packet 27-31

Directions:  1. Complete the activity by logging the information for the week.

 2. Answer the questions below on a separate page.

**Document the following for the week**:

Average Hours of Sleep per day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Average Hours of Physical Activity per day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Average time spent on electronics per day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rate your nutrition (www.myplate.gov) for the week: Healthy Average Unhealthy

1. What are you doing to support your immune system? (Explain in detail using examples)
2. What were your biggest challenges this week for physical activity and nutrition?
3. What were your biggest challenges this week for your mental health and social health?
4. What strategies are you implementing to help or keep your Wellness Triangle balanced through this disruption of your lifestyle? (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**