

ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 OPEN GOLF GAMES

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will use underhand tosses to make accurate throws at the golf target.	I will follow the rules of the game and track my score using fair play and a positive attitude.	I will focus on following through as I toss toward the target.	I will participate in physical education activities because I value good health.	I will talk about the health benefits of my create-your-own golf game.
Today's Vocabulary	ACCURATE Successful in reaching an intended target.	FAIR PLAY Honest and honorable treatment, action, or conduct while playing a game or sport.	TARGET An object selected as the aim of attention or attack.	GOOD HEALTH A state of being free from illness or injury.	HEALTH BENEFITS Improvement to your overall wellbeing resulting from physical activity or food choices.
Warm-Up Activity	All Star (GoNoodle)	Twist & Shout (GoNoodle)	You Are What You Eat (GoNoodle)	Zap It (GoNoodle)	Banana Banana Meatball (GoNoodle)
Learning Focus Activity	Activity 1: Laundry Basket Golf Play alone or with a family member or friend.	Activity 2: Fitness Coin Golf Play alone or with a family member or friend.	Activity 3: Bucket (or Cup) Golf Play alone or with a family member or friend.	Activity 4: Create Your Own Golf Game Today, create your own golf game.	Activity 5: Create Your Own Golf Game Today, teach your golf game to a family member.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (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?	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞



OPEN GOLF GAMES

HOW MANY WAYS CAN YOU PLAY?

Why Golf?

Golf (or even mini golf) is a challenging game that is played in the environment that the player is in. There isn't a standard field or court. Every golf course is different and has to include natural (or manmade) obstacles. Well, whether you're in your bedroom, backyard, or basement – you can create a golf game to make the best of the space you have!

Golf can be a great game for improving our physical activity levels and overall wellness. Players who walk on a golf course can get hours of physical activity. It's also a great game to enjoy with family and friends.

Like with many games, we can change golf to make it more (or less) active. For example, players who ride on a golf cart don't get nearly the amount of physical activity as players who walk the course. The Golf Games in this packet are similar. We know you don't have a giant golf course in your home. So, we've created games to help you have fun and get some exercise too.



OPEN GOLF GAMES

HOW MANY WAYS CAN YOU PLAY?

Laundry Basket Golf

Number of players: 1 to 4

What you need: 1 sock ball (or beanbag) per player, 1 laundry basket, a scoresheet (or piece of paper), and a pencil.

How to play:

- The object is to toss the sock ball into the laundry basket in as few tosses as possible. This is a 4-hole game.
- Move the laundry basket far enough away from where you'll start tossing to make it a challenge to land the sock ball in 1 toss. Take turns tossing your ball at the basket. The youngest player tosses first on hole number 1. After that, the player who wins the hole gets to go first on the next hole.
- If you miss, the player furthest away from the basket takes a turn from the spot where the sock ball stopped rolling.
- After each hole, do the exercise listed and then take turns moving the basket around to begin a new hole.

Players' Names	Hole 1 At the end of the hole do 1 perfect push-up	Hole 2 At the end of the hole do 2 perfect burpees	Hole 3 At the end of the hole hold plank 15 seconds	Hole 4 At the end of the hole do 25 jumping jacks
Player 1:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 2:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 3:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 4:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>

When you're finished – play again!



OPEN GOLF GAMES

HOW MANY WAYS CAN YOU PLAY?

Fitness Coin Golf

Number of players: 1 to 4

What you need: 1 Coin per player, a scoresheet (or piece of paper), and a pencil.

How to play:

- The object of the game is to flip the coin and land on heads the number of times that is equal to the hole number being played. For example, 1 head on hole 1; 2 heads on hole 2; 3 heads on hole 3. This is a 4-hole game.
- Do this in the fewest number of flips as possible. If you land on tails, add a flip to your score and then continue flipping.
- In real golf you must walk to your ball after each shot. In Fitness Coin Golf you must do 5 jumping jacks after each flip.
- After completing each hole, do the exercise listed and then begin flipping for the next hole.

Players' Names	Hole 1 (Flip 1 Head) At the end of the hole do 1 perfect push-up	Hole 2 (Flip 2 Heads) At the end of the hole do 2 perfect burpees	Hole 3 (Flip 3 Heads) At the end of the hole hold plank 15 seconds	Hole 4 (Flip 4 Heads) At the end of the hole do 25 jumping jacks
Player 1:	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>
Player 2:	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>
Player 3:	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>
Player 4:	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>	<i>Total # of Flips:</i>

When you're finished – play again!



OPEN GOLF GAMES

HOW MANY WAYS CAN YOU PLAY?

Bucket (or Cup) Golf

Number of players: 1 to 4

What you need: 1 ball or sock ball per player, 1 bucket or plastic cup, a scoresheet (or piece of paper), and a pencil.

How to play:

- Use a bucket and a ball if you're playing outside. Use a plastic cup and a sock ball if you're playing inside.
- Move the bucket (or cup) to a spot on the ground that far enough away from where you'll start tossing to make it a challenge to hit in 1 toss. Take turns tossing your ball at the bucket. The youngest player tosses first on hole number 1. After that, the player who wins the hole gets to go first on the next hole.
- If you miss, the player furthest away from the bucket takes a turn from the spot where the ball stopped rolling.
- After each hole, do the exercise listed and then take turns moving the bucket around to begin a new hole.

Players' Names	Hole 1 At the end of the hole do 1 perfect push-up	Hole 2 At the end of the hole do 2 perfect burpees	Hole 3 At the end of the hole hold plank 15 seconds	Hole 4 At the end of the hole do 25 jumping jacks
Player 1:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 2:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 3:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 4:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>

When you're finished – play again!



OPEN GOLF GAMES

HOW MANY WAYS CAN YOU PLAY?

Create Your Own Golf Game

Number of players:

What you need:

How to play:

- Step 1:
- Step 2:
- Step 3:
- Step 4:

Players' Names	Hole 1 At the end of the hole do 1 perfect push-up	Hole 2 At the end of the hole do 2 perfect burpees	Hole 3 At the end of the hole hold plank 15 seconds	Hole 4 At the end of the hole do 25 jumping jacks
Player 1:	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>
Player 2:	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>
Player 3:	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>
Player 4:	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>	<i>Total # of Shots:</i>

When you're finished – play again!

MAY

DEAM Calendar

Drop Everything And Move

MAY the 4th
be with you

Name:

Teacher:

Purpose:

This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Take a walk.
	2	A kiwi has ~60mg of vitamin C. Do 60 air punches.
	3	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	4	Family Fun: Play your favorite physical education activity with your family.
	5	Do as many trunk-lifts as you can.
	6	Juggle a ball with your feet for 5 minutes.
	7	Perform jumping jacks while naming words that start with "M."
	8	Take a walk.
	9	1 cup of broccoli has ~60mg of calcium. Do 60 air kicks.
	10	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	11	Family Fun: Go to the park together.
	12	Do as many squats as you can.
	13	Spend 5 minutes tossing and catching a ball.
	14	Perform squats while someone calls out math problems for you to answer.
	15	Take a walk.
	16	Beans have ~500mg of potassium. Jog in place as you count to 500.
	17	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	18	Family Fun: Take turns selecting an exercise to do together.
	19	Do as many push-ups as you can.
	20	Spend 5 minutes volleying a balloon in the air.
	21	Hold a plank while naming all the cities that you can think of.
	22	Take a walk.
	23	Half a cup of blueberries has ~40 IUs of Vitamin A. Do 40 plank-jacks.
	24	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	25	Family Fun: Build an obstacle course together.
	26	Do any workout you want!
	27	Pick any sports skill and practice it for (you guessed it) 5 minutes!
	28	Name as many muscles in the body as you can while jumping in place.
	29	Take a walk.
	30	A serving of spinach has ~20mg of magnesium. Do 20 squat-thrusts.
	31	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.

Remember

- Get adult permission before doing activities.
- Return this calendar to your teacher when it's done.