



Physical Education - Grades 3, 4, 5 Academic Readiness for 2020

Dear Center City Families,

In this challenging time, Center City staff is doing our best to ensure that your child is academically prepared to return to school in the Fall of 2020 with minimal learning loss. We have created this packet of academic materials that expand on foundational content that was covered this school year. Your child should complete this work to be ready for school once the academic year starts again in the fall.

This packet includes approximately four weeks of work. **Between May 4th and 22nd, teachers will schedule virtual check-ins with students centered around the content of this packet. Please return the completed packet to your home campus no later than June 5, 2020.**

Inside this packet, you will find:

- A table of contents that shows page numbers for each included activity
- A calendar that shows, day by day, which activities students should complete
- A copy of every activity and assignment that students will need to complete

Your child's teachers will be reaching out via text, email, phone, or Class Dojo to let you know when they are available and how they will monitor student progress on academic work through May 22nd.

There are a number of ways you can support the academic growth of your child during this time and throughout the summer:

- If possible, provide them with a quiet, comfortable place in which to complete their work.
- Please encourage them to read a book or magazine for pleasure. You can find books and resources online at www.dclibrary.org.
- Encourage children to keep a diary or journal for recording their thoughts, observations, or drawings.
- Get outside for an hour or two as weather permits.
- Reach out to the teacher if your child has any questions about the work in this packet.

We thank you for your patience and flexibility during these unprecedented times. If you have any questions or concerns, please do not hesitate to reach out to your campus team. In the meantime, we encourage everyone to stay safe and healthy by following the social distancing protocols that Mayor Bowser has put into place.

Sincerely,

The Center City Team



Physical Education - Grades 3, 4, 5

Preparación Académica para 2020

Queridas Familias de Center City,

Durante este tiempo difícil, el personal de Center City está haciendo nuestro mejor para asegurar que su hijo está académicamente preparado para regresar a la escuela en el otoño de 2020 con una pérdida mínima de aprendizaje. Hemos creado este paquete de materiales académicos que amplían en el contenido fundacional que estaba cubierto este año escolar. Su hijo debe cumplir este trabajo para estar listo una vez el año académico empiece otra vez en el otoño.

Este paquete incluye aproximadamente cuatro semanas de trabajo. **Entre el 4 y el 22 de mayo, los maestros van a programar conversaciones virtuales con los estudiantes para hablar sobre el contenido de este paquete. Por favor entreguen el paquete cumplido a su campus no más tarde que el 5 de junio, 2020.**

Adentro este paquete, van a encontrar:

- Una tabla de contenido que muestra el número de página para cada actividad incluida
- Un calendario que muestra, día por día, cuáles actividades los estudiantes deben cumplir
- Una copia de cada actividad y trabajo que los estudiantes necesitan cumplir

Los maestros de su hijo van a estar en contacto por texto, correo electrónico, teléfono, o Class Dojo para notificarles cuando están disponibles y cómo van a monitorizar el progreso de su estudiante en el trabajo académico hasta el 22 de mayo.

Hay una variedad de maneras que usted puede apoyar el crecimiento académico de su hijo durante este tiempo y durante el verano:

- Si posible, proporcione su estudiante un lugar tranquilo y cómodo donde puede cumplir su trabajo.
- Por favor animalo a leer un libro o revista para diversión. Puede encontrar libros y recursos en línea a www.dclibrary.org.
- Anime los niños a escribir un diario con sus pensamientos, observaciones, o dibujos.
- Salgan afuera por una hora o dos si el tiempo lo permite
- Hable con el maestro si su hijo tiene alguna pregunta sobre el trabajo en este paquete.

Les agradecemos su paciencia y flexibilidad durante esta época sin precedentes. Si tiene preguntas o preocupaciones, por favor no duden en ponerse en contacto con el equipo de su campus. Mientras tanto, animamos a todos a mantenerse seguros y saludables por seguir los protocolos de distanciamiento social que la alcaldesa Bowser ha implementado.

Sinceramente,

El Equipo de Center City



ትምህርታዊ ዝግጁነት ለ 2020 **Physical Education - Grades 3, 4, 5**

የተከበራችሁ የሴንተር ሲቲ ወላጆች

በዚህ ፈታኝ ወቅት የሴንተር ሲቲ ሰራተኞች ልጅዎ በ 2020 መገባደጃ ላይ ወደ ት / ቤት ሲመለስ በትምህርቱ ዝግጁ መሆኑን ለማረጋገጥ የተቻለንን ሁሉ እያደረጉ ነው። በዚህ የትምህርት ዓመት የተሸፈኑ መሠረታዊ ደረጃዎች ላይ የሚያተኩር ደህንን የትምህርት ቁሳቁስ የያዘ ፓኬጅ ፈጥረናል። የትምህርት ዓመቱ በበልግ ወቅት/ፎል እንዲገናኝ ከተጀመረ ልጅዎ ለትምህርት ቤት ዝግጁ ለመሆን ደህንን ስራ መሙላት/መስራት አለበት።

ደህ ፓኬት በግምት የአራት ሳምንታት ሥራን ያካትታል። ከግንቦት/ሚያ 4 እስከ 22 ኛው ባለው ጊዜ መምህራን በዚህ ፓኬጅ ደዘት ዙሪያ እተኩረው ከተማሪዎች ጋር በቨርቹዋል/በኢንተርኔት ለሚደረግ ትምህርት መርሃ ግብር ያዘጋጃሉ። እባክዎን የተጠናቀቀውን እሸግ ከጁን 5 2020 ዓ.ም. በፊት ወደ ትምህርት ጣቢያ/ ካምፓስ ይመልሱ።

በዚህ እሸግ ውስጥ የሚከተሉትን ያገኛሉ፡

- ለእያንዳንዱ ስራዎች የገጽ ቁጥሮችን የሚያሳይ የደዘነ ሠንጠረዥ
- ተማሪዎች በየቀኑ ማጠናቀቅ የሚጠበቅባቸውን ስራዎች የሚያሳይ የቀን መቁጠሪያ
- ተማሪዎች ማጠናቀቅ የሚያስፈልጓቸውን የእያንዳንዱ እንቅስቃሴ ቅጂ/ኮፒ

የልጅዎ አስተማሪዎች እስከ ሜይ 22 ባለው ግዚ መቼ እንደሚገኙ እና እንዴት በአካዳሚክ ሥራ ላይ የተማሪዎን እድገት እንዴት እንደሚቆጣጠሩ ለማሳወቅ በጽሑፍ ፣ በኢሜል ፣ በስልክ ወይም በክፍል ጾጁ/ በኩል ለማድረስ ጥረት ያደርጋሉ።

በአሁኑ ሰአት እንዲሁም እስከ ሰመር ባለው ጊዜ የልጅዎን የትምህርት እድገት ለመደገፍ በርካታ መንገዶች አሉ፡

- የሚቻል ከሆነ ሥራቸውን የሚያጠናቅቁበት ጸጥተኛና ምቹ የሆነ ቦታ አዘጋጁላቸው።
- እባክዎን ለመደሰት መፅሃፍ ወይም መጽሔትን እንዲያነቡ ያበረታቷቸው። መጽሔቶችን እና የተለያዩ ጽሁፎችን በ www.dclibrary.org ማግኘት ይቻላል።
- ሀሳቦቻቸውን ፣ ምልከታዎቻቸውን ፣ ወይም ስዕሎቻቸውን ለመገልበጥ ልጆች ማስታወሻ ደብተር ወይም ማስታወሻ እንዲይዙ ያበረታቷቸው።
- የአየር ሁኔታ እንዲሟራቅድ ለአንድ ወይም ለሁለት ሰዓት ወደ ደጅ የዘዋቸው ይውጡ።
- ልጅዎ በዚህ ፓኬት ውስጥ ስላለው ሥራ ጥያቄ ካለዎት ከአስተማሪው ጋር ይገናኙ።

በእነዚህ ባልተለመዱ ጊዜያት ለእትዕግስትዎ እና እናመሰግናለን። ማናቸውም ጥያቄዎች ወይም ስጋቶች ካሉዎት እባክዎን ወደ የካምፓስ ቡድንዎን ለመገናኘት አያመንቱ። ደህ በእንዲህ እንዳለ ከንቲባ ባውዘር ያስቀመጠቸቸውን ማህበራዊ ልዩነትን /ተራርቆ የመቆየት ፕሮቶኮሎችን በመከተል ሁሉም ሰው ደህንነቱ የተጠበቀ እና ጤናማ ሆኖ እንዲቆይ እናበረታታለን።

ከሠላምታ ጋር፡

የሴንተር ሲቲ ቡድን

Intentionally Left Blank

May Physical Education AT HOME

Grades 3-5

Pages:	Title:
2-3	Letter to Families
5	Drop Everything and Move Daily Challenge Calendar for MAY – see if you can complete the daily challenge each day!
7-8	Physical Education Activity Logs – make sure that you record the number of minutes you were active each day!
9-16	At Home Physical Education Weekly Plan for Students: Shadow Sports <i>*The calendar includes a week's worth of activities and instructions.</i>
17-22	Wonderful Walking Trail – follow these daily instructions to create your own walking trail. You can do this for Week 2, or anytime on your own!
23-29	Two Week Journaling Activity – follow these instructions to keep a fitness journal for 2 weeks!
31-51	Physical Fitness Games and Activities – Choose an activity to complete each day. Be sure to record your activity in your Activity Log!
53-70	Family Dinner Date Recipe Cards – Make sure an adult can help you before you try to cook these healthy meals!
71-72	Nutrition Worksheets

Dear Students and Family Members,

The physical education team at our school is working with resources from OPENPhysEd.org to help you stay physically active and healthy while our schools are closed. In order to meet physical education goals during this time, students should be physically active for 60 minutes each day. Use the Physical Education Activity Log to record your activity time. Remember, activity time doesn't have to happen all at once. You can add up your total activity throughout the day to equal 60 minutes. Students, at the end of each day ask a family member to sign next to the day's total activity in the Physical Education Activity Log. Then, return the finished log to your Physical Education teacher when school is back in session. If you need to, visit www.openphysed.org/activeschools/activehome to download and print another activity log.

Thank you for your cooperation. Stay active and stay well.

Sincerely,
CCPCS Physical Education and Health Teachers

By staying active and completing this physical activity log, you're meeting the following SHAPE America National Physical Education Grade-level Outcomes:

- Grades K-5 (Physical Activity Knowledge) Standard 3 [E1.K,2,3a,5]
Identifies active play opportunities outside physical education class
 - (K); Describes physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family)
 - (2); Charts participation in physical activities outside physical education class
 - (3a); Charts and analyzes physical activity outside physical education class for fitness benefits of activities (5).

Estimados estudiantes y miembros de la familia:

El equipo de educación física de nuestra escuela está trabajando con recursos de OPENPhysEd.org para ayudarlo a mantenerse físicamente activo y saludable mientras nuestras escuelas están cerradas. Para cumplir con los objetivos de educación física durante este tiempo, los estudiantes deben estar físicamente activos durante 60 minutos cada día. Use este registro de actividad física para registrar su tiempo de actividad. Recuerde, el tiempo de actividad no tiene que suceder de una vez. Puede sumar su actividad total durante el día para que sea igual a 60 minutos. Estudiantes, al final de cada día, pida a un miembro de la familia que firme al lado de la actividad total del día. Luego, regrese el registro terminado a su maestro de educación física cuando la escuela vuelva a la sesión. Si nuestras escuelas están cerradas por más de 2 semanas, visite www.openphysed.org/activeschools/activehome para descargar e imprimir otro registro de actividades.

Gracias por su cooperación. Mantente activo y bien.

Atentamente,

docente de CCPS de Educación Física y Salud

Personal Al mantenerse activo y completar este registro de actividad física, cumple con los siguientes resultados de SHAPE América Educación física nacional a nivel de grado:

- Grados K-5 (Conocimiento de actividad física) Estándar 3 [E1.K, 2,3a, 5]
Identifica oportunidades de juego activo fuera de la clase de educación física
 - (K); Describe actividades físicas para participar fuera de la clase de educación física (por ejemplo, antes y después de la escuela, en casa, en el parque, con amigos, con la familia)
 - (2); Gráficos de participación en actividades físicas fuera de la clase de educación física
 - (3a); Grafica y analiza la actividad física fuera de la clase de educación física para conocer los beneficios físicos de las actividades (5).

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.



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 3:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 4:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 SOCIAL DISTANCING (Shadow Sports)

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 cooperate with my family member and follow the rules of Shadow Sports.	I will have a positive social interaction by using kind and helpful words during Shadow Sports.	I will give my family member encouragement during Shadow Sports using supportive words and phrases.	I will demonstrate teamwork by following the non-verbal cues of my family members as we play Shadow Sports.	I will discuss the etiquette of shadow sports with my family members. <i>What behaviors help build a fun and positive learning environment?</i>
Today's Vocabulary	COOPERATION The process of working together for a common goal or outcome.	SOCIAL INTERACTION The way that people relate and respond to each other when in pairs or groups.	ENCOURAGEMENT Support, confidence, or hope offered by someone or some event.	TEAMWORK The combined action and effort of a group of people working toward a goal or purpose.	ETIQUETTE The set of customary or acceptable behaviors among members of a group or in a specific setting.
Warm-Up Activity	I Like to Move It (GoNoodle)	Pump It Up (GoNoodle)	Dynamite (GoNoodle)	Blast Off (GoNoodle)	Hit the Ball Y'all (GoNoodle)
Learning Focus Activity	Activity 1: Shadow Sports Perform the following station: Soccer	Activity 2: Shadow Sports Perform the following station: Volleyball	Activity 3: Shadow Sports Perform the following station: Tennis	Activity 4: Shadow Sports Perform the following station: Baseball	Activity 5: Shadow Sports Perform the following station: Football
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?	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞

SHADOW BALL STATIONS

Notes to instructors:

Shadow Ball is an age-old pastime that was made popular by the Harlem Globetrotters. Players pantomimed passing, catching, and shooting an invisible basketball.

The artistry and creativity of the Globetrotters was so convincing and entertaining that fans would arrive early just to watch the Shadow Ball routine. Goose Tatum, a former member of the Harlem Globetrotters basketball team, is credited with the creation of the “Magic Circle” — a trademark ball-handling routine that’s performed at the beginning of all Harlem Globetrotters games.

As with any game or activity resource, it is up to you to assess the needs and abilities of the students under your supervision. Modify the game as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each activity to the group before allowing students to work independently in stations.

Every page includes a reminder to practice safe social distancing. All of the games in this packet were designed to allow students to remain a minimum of 6 feet apart and DO NOT require them to use or share equipment.



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

GOOOOOALLLLL (SOCCER)

Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime soccer skills with your partner.

Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Do 5 toe taps on top of the ball and then pass the ball to your partner — that’s 1 point!
- Your partner MUST trap the ball, do 5 toe taps on top of the ball, and then pass it back — that’s another point!
- You have 60 seconds. Ready, go!

Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Toss the ball in the air, juggle the ball 3 times with your head, and head the ball to your partner — that’s 1 point!
- Your partner juggles the ball on their head three times, then heads it back to you — that’s another point!
- You have 60 seconds. Ready, go!

Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Juggle the ball 5 times without using the same body part twice in a row and pass to your partner — that’s 1 point!
- You have 60 seconds. Ready, go!

For Giggles & Grins:

1. Make up your own GOOOOALLLLL challenge using a combination of soccer skills (shooting, dribbling, passing, etc.).
2. Take the game winning penalty kick. Have your partner be the goalkeeper. Hit the game winning penalty kick in slow motion. Celebrate like crazy (while staying 6 feet apart).
3. Once touch group juggle. Get in a group of 4–6, standing 6 feet apart. Call someone’s name and pass the ball to them. They call another person’s name and pass the ball. How many successful call-and-passes can you make in a row?

OPEN[®]

US Games

MOVEMENT
MADE FOR NOW 

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

DIG THIS (VOLLEYBALL)

Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime volleyball skills with your partner.

Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Using a forearm pass (bump), pass the ball back and forth. Score a point each time the ball is passed.
- Variation: Set the ball back and forth.
- You have 60 seconds. Ready, go!

Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Volley the ball to your partner with a forearm pass, and your partner will set the ball back to you. Score a point each time the ball is forearm-passed.
- After 5 volleys, switch roles.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Serve the ball to your partner. Your partner will set or bump the ball back. Then jump up and spike it! Earn a point for every spike.
- Switch roles after every point. You have 60 seconds. Ready, go!

For Giggles & Grins:

1. Make up your own Dig This challenge using a combination of volleyball skills (bumping, serving, setting spiking, etc.).
2. Serve the final point. In slow motion, jump-serve an ace (a match-winning point) to your partner. Celebrate and blow kisses to your fans.



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

GRAND SLAM (TENNIS)

Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime tennis skills with your partner.

Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Using a forearm stroke, volley the ball back and forth. (Remember to let the ball hit the ground first.)
- Score a point each time the ball is struck.
- You have 60 seconds. Ready, go!

Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Serve the ball to your partner and call “forehand” or “backhand.” Your partner will return the ball using the stroke you called. They return and volley the ball back to you, calling the stroke you must use to return it.
- Score a point each time the ball is struck.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- You have a ball, and your partner has a racquet. Your partner stands in the middle of a 6-foot zone (divided in half).
- Toss the ball to one side of the 6-foot zone. Your partner will quickly move and volley the ball back.
- Toss another ball to the other side of the zone. Your partner will to quickly move and volley the ball back.
- Repeat 10 times, then switch roles. Score a point for every volley. You have 60 seconds. Ready, go!

For Giggles & Grins:

1. Make up your own Grand Slam challenge using a combination of tennis skills (serve, forearm, backhand, etc.).
2. Serve the final point. In slow motion, crush a serve (a match winning point) to your partner. Celebrate, throw your racquet in the air, fall to your knees, and ham it up for the cameras.

OPEN[®]

US Games

MOVEMENT
MADE FOR NOW 

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

WALK-OFF HOMER (BASEBALL)

Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime baseball and softball skills with your partner.

Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Throw a ground ball. Your partner will field it and throw it back to you before you count to 3 — that’s 1 point!
- Challenge: Make your partner move 3 feet to the side to field the grounder. Do this 5 times and reverse roles.
- You have 60 seconds. Ready, go!

Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Hit a pop fly ball. Your partner will catch it and throw it back to you — that’s 1 point!
- Challenge: Make your partner move 3 feet to the side to catch the fly ball. Do this 5 times and reverse roles.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- You are the batter, and your partner is the pitcher. Your partner will pitch a ball. Whack it far into the outfield.
- Run around all the bases (set 6 feet apart) and touch home before your partner counts to 5 — that’s 1 point!
- Switch roles after every point. You have 60 seconds. Ready, go!

For Giggles & Grins:

1. Make up your own Walk-off Homer challenge using a combination of baseball and softball skills (pitching, hitting, fielding, catching, etc.).
2. Hit the walk-off game-winning home run. In slow motion, your partner will pitch. Crush one over the center field fence. Run around the bases triumphantly.



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

DOWN, SET, HUT (FOOTBALL)

Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime football skills with your partner.

Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Throw a touchdown pass to your partner — that’s 1 point!
- Your partner will catch the ball and throw a touchdown pass back to you — that’s another point!
- You have 60 seconds. Ready, go!

Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- To score a point: Hike the ball to your partner and run a 6-foot pass route. Your partner will pass the ball to you. Make a move and run back to where you hiked the ball to your partner.
- Repeat 5 times and change roles.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Punt the ball into the air to yourself and catch it. While running in place, juke to one side, juke to the other, spin, hurdle a defender, and then lateral the ball to your partner. Your partner punts the ball into the air and repeats.
- Score 1 point for each lateral. You have 60 seconds. Ready, go!

For Giggles & Grins:

1. Make up your own Down, Set, Hut challenge using a combination of football skills (hiking, catching, passing, etc.).
2. Touchdown Dance Challenge: Have a contest to see who can come up with the best touchdown dance. For extra fun, do all the touchdown dances in slow motion.



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.



Grades 3 – 5: Walking Trail Day 1

Use the walking trail posters in this packet to create an at-home walking trail. You can make your trail indoors or outdoors. There are 5 walking trail signs to create 5 stations that you will visit on your Wonderful Walks.

All walks end at the Handwashing Station – make sure you wash for 20 seconds or more.

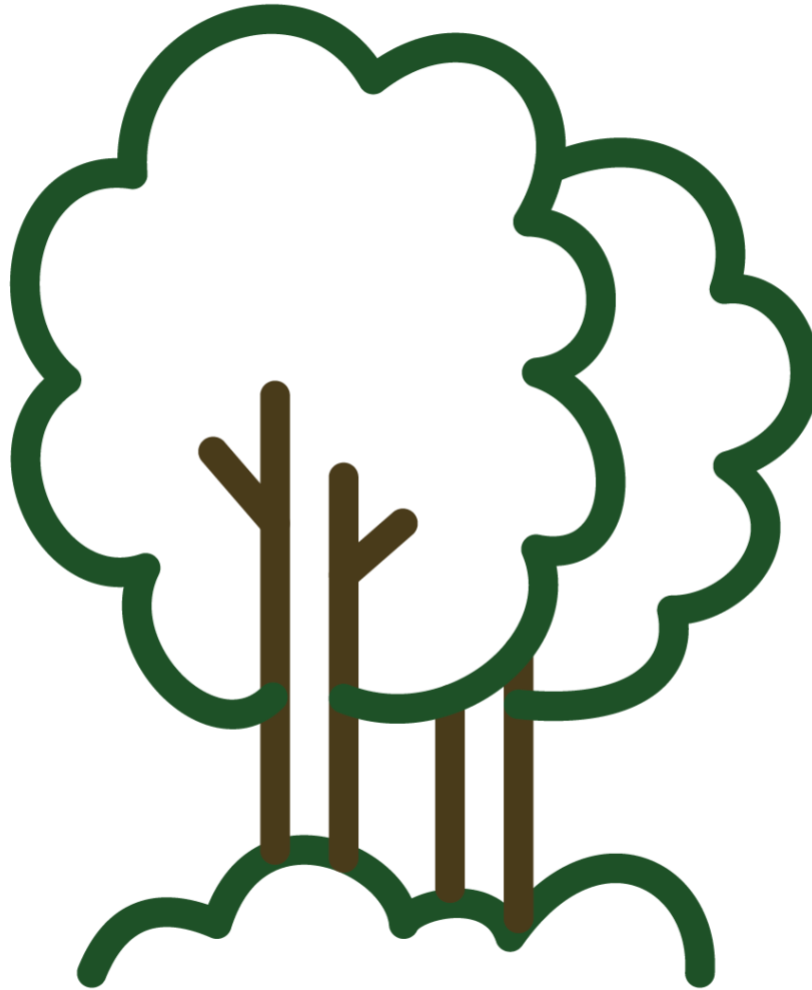
	<p>Station 1: The Forest</p> <p>Trees are amazing. They naturally filter the air that we breath and they're home to many creatures that we share the Earth with. If you're indoors, find a window with space for you to hang The Forrest Poster. Make sure there's enough space for you to move safely. If you're outdoors, find a real tree or a signpost that you can pretend is a tree, and make that your forest.</p>
	<p>Station 2: The Nest</p> <p>Lots of creatures build and live in nests. Birds, squirrels, and bees are a few examples of creatures that we know can build nests in the world around us. If you're indoors, hang this poster next to your bed and pretend that your bed is your nest. If you're outdoors, find a place to hang the poster where you'd like to see a creature build a nest. Make sure you hang it in a safe place.</p>
	<p>Station 3: The Mountain Trail</p> <p>Walking up a mountain trail can be really great exercise for your muscles and your heart. And mountain trails can have spectacular views of the lands around it. If you're indoors, hang this poster next to a place in your home that has a picture that you like. It could be a picture of a friend, family member, or a special place. It can also be a painting or piece of art that you really like looking at. If you're outdoors, find a place with a view that you enjoy. This is the start of your mountain trail.</p>
	<p>Station 4: The Bridge</p> <p>Bridges can help us travel over an obstacle. The obstacle might be water, a giant ditch or a busy road. Bridges have to be strong in order to keep us safe. If you're indoors, hang this poster in a place with enough room for you to make a bridge with your body. If you're outdoors, find a place that is safe for you to move and play in.</p>
	<p>Station 5: The Handwashing Station</p> <p>Every time we go out and explore our world on a wonderful walk, we need to stop and wash our hands. Washing our hands for 20 seconds or more will wash germs down the drain and keep our family and friends safe. Hang this poster next to a sink where you can wash your hands. If you can, listen to the song <i>20 Seconds or More</i> while you wash the germs away.</p>



20 Seconds or More, was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help mitigate the spread of COVID-19.



Station 1: The Forest



Day 1: Build the Trail – Hang your posters in safe places. Get help from a grown-up and talk about why you chose each of the spots where you're hanging each poster.

Day 2: Trees help us breathe clean air! Do 20 (or more) jumping jacks.

Day 3: Fruit trees grow amazing fruit that we eat for energy and vitamins. Do 20 (or more) invisible jump ropes

Day 4: Trees are strong and flexible! Hold plank position for 20 seconds (or more).

Day 5: Bring a friend or family member to the forest station. Let them choose jumping jacks, invisible jump ropes or planks. Complete the exercise of their choice.



[20 Seconds or More](https://20secondsormore.org), was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help mitigate the spread of COVID-19.



Station 2: The Nest



Day 1: Build the Trail – Hang your posters in safe places. Get help from a grown-up and talk about why you chose each of the spots where you're hanging each poster.

Day 2: A nest is a place where creatures feel safe. Sit or stand at this station and breathe deeply. Inhale slowly and count to 7. Exhale slowly and count to 11. Repeat 3 times.

Day 3: Show a family member your nest and teach them the breathing exercise. When you're done with the exercise, share 1 thing that you are both grateful for.

Day 4: Complete the breathing exercise. Today when you finish the exercise, think of 1 thing that you are grateful for and whisper it to yourself.

Day 5: Show a family member your nest and do the breathing exercise together. When you're done, tell your family member what you like about your nest.



[20 Seconds or More](#), was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help mitigate the spread of COVID-19.



Station 3: The Mountain Trail



Day 1: Build the Trail – Hang your posters in safe places. Get help from a grown-up and talk about why you chose each of the spots where you're hanging each poster.

Day 2: Hiking is a great way to stay fit and healthy. Prep for a hike by doing 20 (or more) mountain climbers.

Day 3: Mountains help inspire strength. Do 20 (or more) wall push-ups.

Day 4: Mountain snow is great for skiing. Do 20 (or more) ski-jumpers (side to side).

Day 5: Brings a friend or family member to the mountain station. Let them choose mountain climbers, wall push-ups or ski-jumpers. Complete the exercise of their choice.



[20 Seconds or More](https://20secondsormore.org), was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help mitigate the spread of COVID-19.



Station 4: The Bridge



Day 1: Build the Trail – Hang your posters in safe places. Get help from a grown-up and talk about why you chose each of the spots where you’re hanging each poster.

Day 2: Hold a Bridge Pose for 20 seconds or more.

Day 3: Show a family member or friend Bridge Pose. Then, hold the pose together for 20 seconds or more.

Day 4: If you were a strong bridge what would you look like? Create your own “Bridge Pose” and hold it for 20 seconds or more.

Day 5: Show a family member or friend the Bridge Post that you created. Then hold the pose together for 20 seconds more.



[20 Seconds or More](https://20secondsormore.org), was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help mitigate the spread of COVID-19.



Station 5: The Handwashing Station



Every Day:

- Washing our hands for 20 seconds or more will wash germs down the drain and keep our family and friends safe.
- If you can, listen to the song 20 Seconds or More while you wash the germs away. It's okay to do a little dance while you wash!



[20 Seconds or More](#), was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help mitigate the spread of COVID-19.



Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

Day 1

Write a list of 5 things you can do to help your mind and body relax.	
If you could choose one place in the world where you could go to relax, where would it be and why did you choose this place?	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ You're going to practice breathing into your belly.✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
--	---



Day 3

Write a list of 5 things that you are grateful for. List people, places, or important events.	
Write 3 “Thank You” sentences that you could say to a specific person that you are grateful for. Now, go find that person and read what you wrote.	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to practice breathing into your belly.✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
---	---



Day 5

<p>It's important to use positive language when we talk to others as well as in our own self-talk. Write 5 positive words or phrases you can use today.</p>	
<p>Write a single statement of encouragement to yourself. This statement should encourage you to keep working toward daily activity goals.</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to practice breathing into your belly.✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	<p>Did you complete this breathing exercise?</p> <p>Yes or No</p>
---	--



Day 7

List 3 words or phrases that describe how you feel each time you finish being physically active.	
Write 3 sentences that you could use to convince a friend or family member to be physically active with you.	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to practice breathing into your belly.✓ Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.✓ Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?✓ Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
---	---



Physical Education

Fitness Journal

Day 9

<p>List 2 accomplishments that you are proud of.</p>	
<p>Choose 1 of those accomplishments and write 3 sentences to yourself describing why you are proud and how that accomplishment will help you in the future.</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to focus on our breathing without using a moving object.✓ Find a comfortable place to lay flat on your back.✓ Close your eyes and focus on breathing.✓ As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	<p>Did you complete this breathing exercise?</p> <p>Yes or No</p>
--	--



Day 11

Think of a friend or family member. List 1 of their most recent accomplishments that you admired.	
Now, write 3 sentences to your friend or family member describing why you are proud their accomplishment and how you believe that achievement will help them in the future.	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to focus on our breathing without using a moving object.✓ Find a comfortable place to lay flat on your back.✓ Close your eyes and focus on breathing.✓ As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	Did you complete this breathing exercise? Yes or No
--	---



Physical Education

Fitness Journal

Day 13

<p>List 3 benefits of completing this 2-week journaling routine.</p>	
<p>Choose 1 of the benefits listed above. How is that benefit related to your emotional health? Give evidence.</p>	

Now Breathe

(Visit www.hhph.org/resources/mindful-beats/ for free music to use in this exercise)

<ul style="list-style-type: none">✓ It's time to focus on our breathing without using a moving object.✓ Find a comfortable place to lay flat on your back.✓ Close your eyes and focus on breathing.✓ As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	<p>Did you complete this breathing exercise?</p> <p>Yes or No</p>
--	--



Name _____

Date _____

HEART HERO MOVES

This active game for two or more players is good for the heart.

What you need:

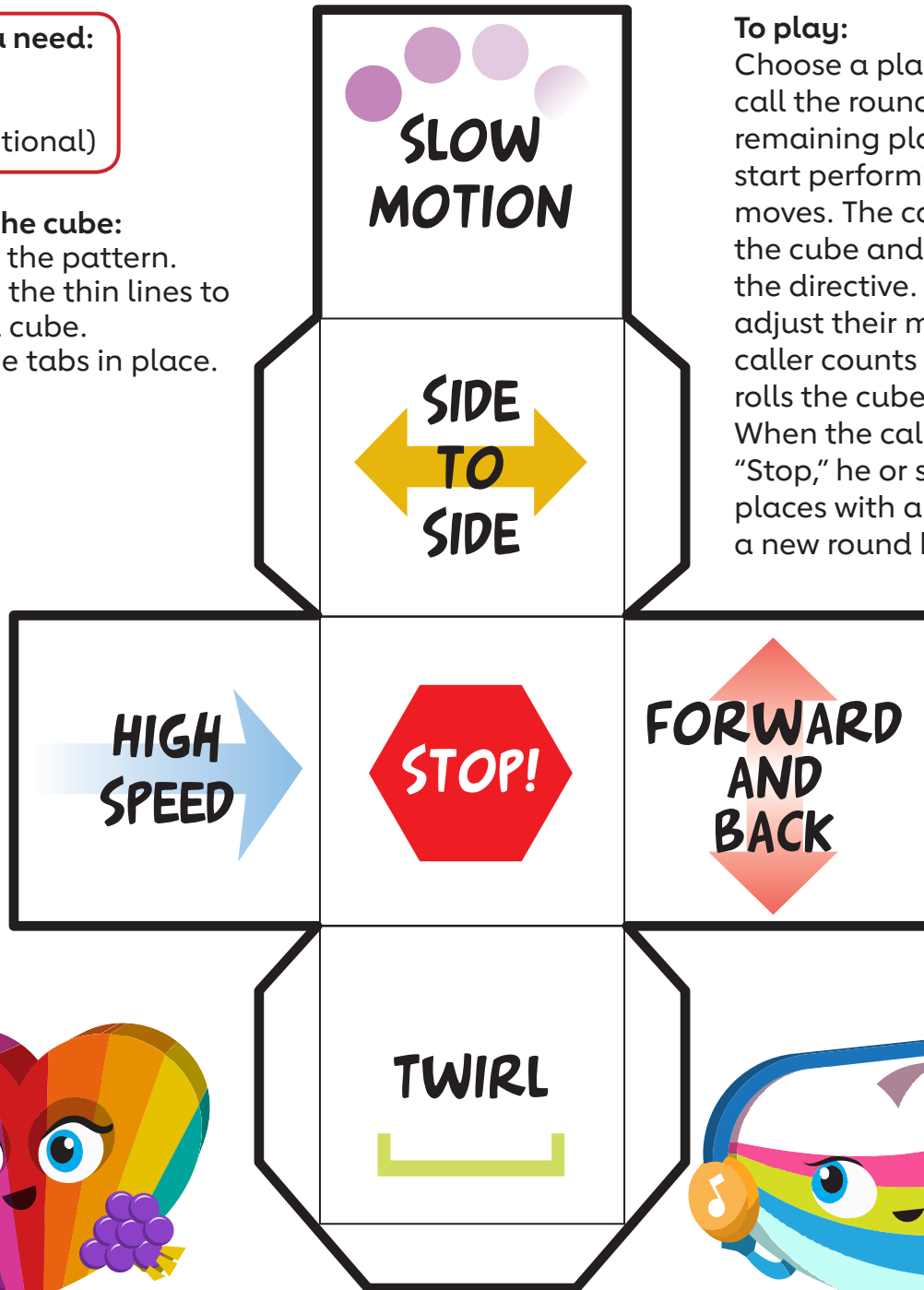
scissors
glue
music (optional)

To make the cube:

1. Cut out the pattern.
2. Fold on the thin lines to make a cube.
3. Glue the tabs in place.

To play:

Choose a player to call the round. The remaining players start performing dance moves. The caller rolls the cube and calls out the directive. The dancers adjust their moves. The caller counts to five and rolls the cube again. When the caller rolls "Stop," he or she trades places with a dancer and a new round begins.



Get your body moving and your heart pumping.



American
Heart
Association.



ROCK, PAPER, SCISSOR GAME STATIONS

Notes to instructors:

Rock, Paper, Scissor (RPS) is a fun and useful game that can be played in many ways. The games in this packet were designed for small to medium groups and can be played with a mix of ages. Set up details and game instructions are provided for activity leaders and students. Encourage students to use RPS when facing unresolved issues or group decisions. Let RPS resolve the issue before it becomes a conflict.

Rules to remember: Rock beats scissor, scissor beats paper, paper beats rock

As with any game or activity resource, it is up to you to assess the needs and abilities of the students under your supervision. Modify this game as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each game to the group before allowing students to work independently.

Every page includes a reminder to practice safe social distancing. All of the games in this packet were designed to allow students to remain a minimum of 6 feet apart and *DO NOT* require them to use or share equipment.



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

ROCK, PAPER, SCISSOR

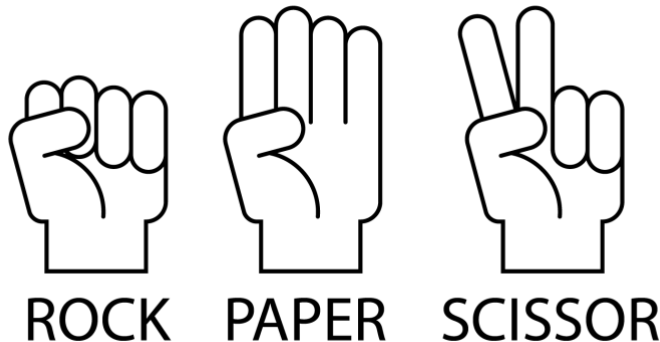
RULES POSTER

Rule 1: All players must use the same cadence for showing their choice (rock, paper, or scissor). We will use, "1, 2, 3!" As you say "3," show your choice. If any players don't follow the cadence, redo the match.

Rule 2: Know who wins by using the RPS value chart below.

ROCK > SCISSOR
SCISSOR > PAPER
PAPER > ROCK

Rule 3: All players must use 1 of the 3 show options: rock, paper, or scissor. See the illustrations below.



OPEN[®]

US Games

MOVEMENT
MADE FOR NOW

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

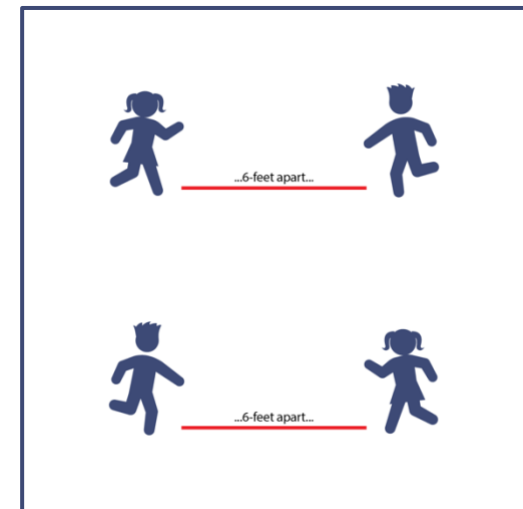
BASIC ROCK, PAPER, SCISSOR (RPS)

Game Set-Up

- Stand 6 feet across from a partner.

Game Instructions

- The object of RPS is to show an object that is greater in value than what your opponent shows. You have only 3 choices: rock, paper, or scissor. Rock beats scissor. Scissor beats paper. Paper beats rock.
- On the start signal, face your partner with at least 6 feet in between the two of you. Be sure you're 6 feet from any other pairs as well. At the same time as your partner, say, "1, 2, 3!" As you say "3," show your RPS choice.
- After each game, find a new partner, stand 6 feet away from them, and play another RPS match. Continue until you hear the stop signal.



OPEN[®]

US Games

MOVEMENT
MADE FOR NOW

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

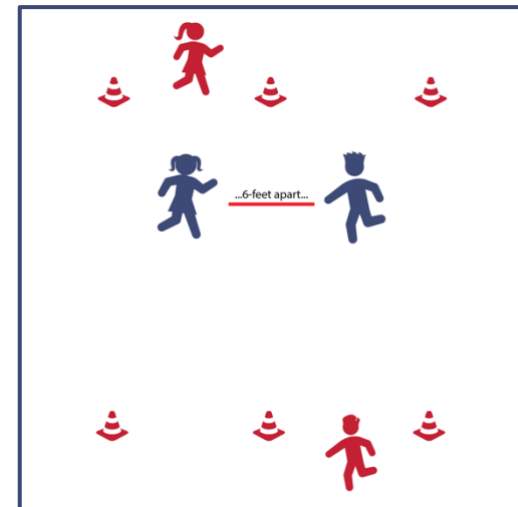
VICTORY LAP RPS

Game Set-Up

- Stand 6 feet across from a partner.
- There are cones set up around the activity area. You'll jog your victory laps around those cones.

Game Instructions

- The object of Victory Lap RPS is to do as many victory laps as you can before you hear the stop signal.
- On the start signal, stand 6 feet away from a partner and play RPS.
- The winner of the match gets to run 1 victory lap around the cones. When they get back, they'll find a new partner and play again.
- The player who didn't win can find a new partner as soon as the match is complete. Keep playing with new partners until you hear the stop signal.



OPEN[®]

US Games

MOVEMENT
MADE FOR NOW

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

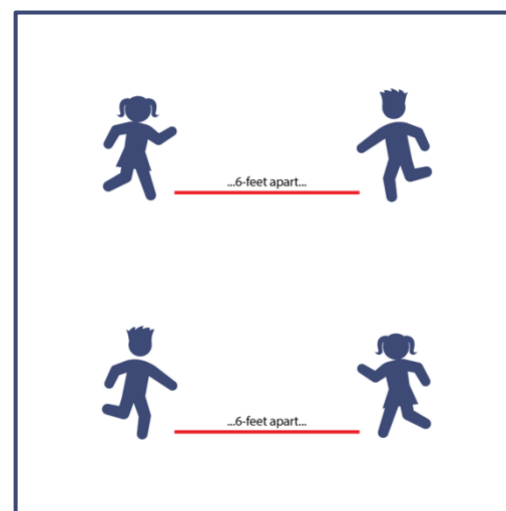
VICTORY DANCE RPS

Game Set-Up

- Stand 6 feet across from a partner.

Game Instructions

- The object of Victory Dance RPS is to do as many victory dances as you can before you hear the stop signal.
- On the start signal, stand 6 feet away from a partner and play RPS.
- The winner of the match gets to do a 10-second victory dance. When they're finished, they'll find a new partner and play again.
- The player who didn't win can find a new partner as soon as the match is complete. Keep playing with new partners until you hear the stop signal.



OPEN[®]

US Games

MOVEMENT
MADE FOR NOW

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

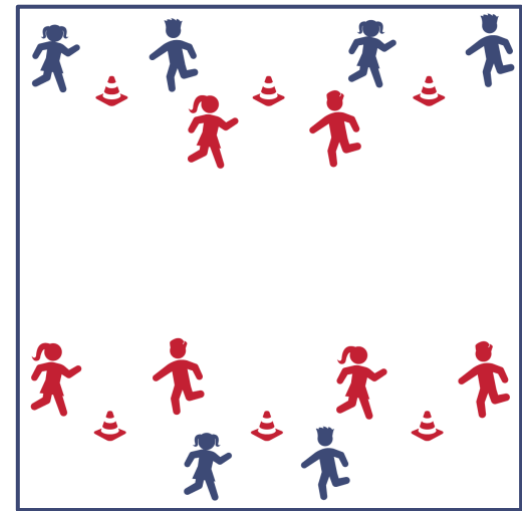
CHAMPIONSHIP BELT RPS

Game Set-Up

- There are 6 cones set up around the activity area. Each cone is a Championship Belt Station.

Game Instructions

- The object of Championship Belt RPS is to win as many championship belts as you can. You win a belt by winning 3 RPS matches in a row at a cone (Championship Belt Station).
- Start at any Championship Belt Station. Stand 6 feet away from your challenger each time you play.
- On the start signal, play RPS. If you win, stay at that station and find a new challenger to play again.
- If you don't win, move to another station and begin a new championship run.
- If you win 3 in a row at a station, put on your (invisible) championship belt. Then wear your belt to a new station and begin a new championship run. How many belts can you win?
- *If there's time at the end of the game, all players who have won a championship belt can go head to head to see who wins the Ultimate RPS Championship Belt!*



OPEN[®]

US Games

MOVEMENT
MADE FOR NOW 

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

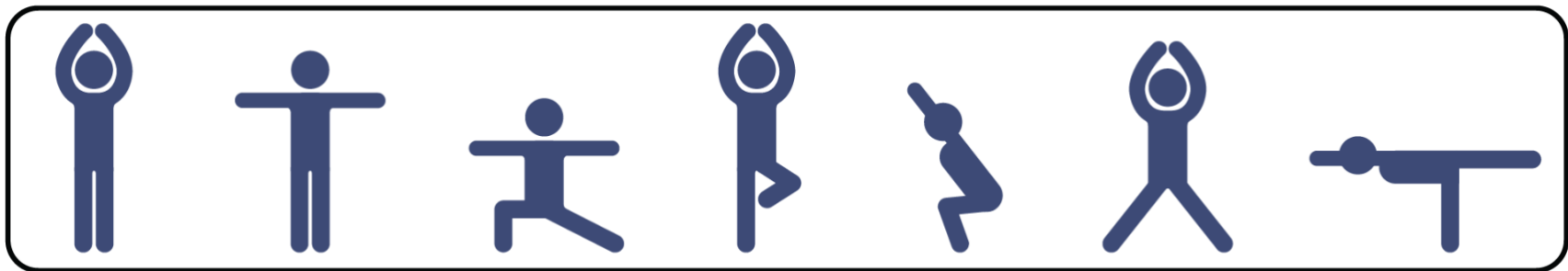
BALANCE POSE RPS

Game Set-Up

- Stand 6 feet across from a partner.

Game Instructions

- The object of Balance Pose RPS is to win as many RPS matches as you can while holding different balance poses.
- On the start signal, choose a balance pose from the bottom of this page. Then play RPS while holding that balance pose. It's okay if you and your partner choose different poses to begin the game.
- For the next match, the player who wins gets to choose the pose that both players will hold while playing. Continue until you hear the stop signal.



OPEN[®]

US Games

MOVEMENT
MADE FOR NOW

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

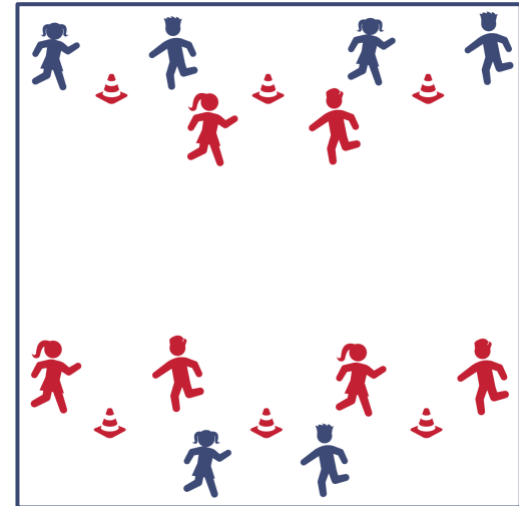
AROUND THE WORLD RPS

Game Set-Up

- There are 6 cones set up around the activity area. Each cone is an Around the World Station.

Game Instructions

- The object of Around the World RPS is to win an RPS match at each cone, traveling “around the world” to 6 Passport Points.
- If you win at a cone (Around the World Station), travel clockwise to the next cone and play a new challenger.
- If you lose at a cone, stay there and find a new challenger. Play again and try to advance.
- If you win at each cone and make it all the way around the world, you earn 6 Passport Points. Keep playing, trying to advance around the world, trying to win as many Passport Points as you can.



OPEN

US Games

MOVEMENT
MADE FOR NOW

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

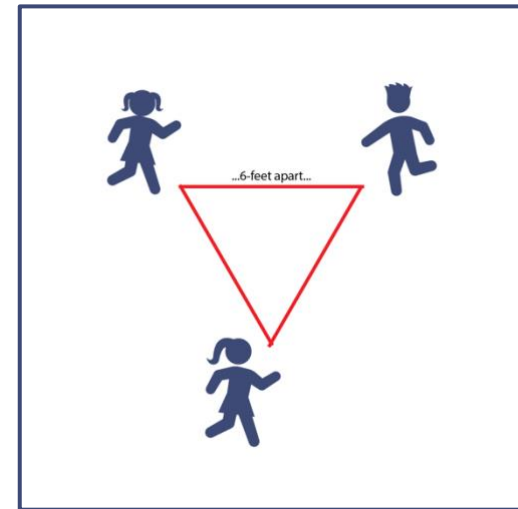
STRONG, STRETCH, SWEAT RPS

Game Set-Up

- Stand in a triangle, with 3 partners 6 feet apart from each other.
- Use the Strong, Stretch, Sweat Exercise Chart.

Game Instructions

- The object of Strong, Stretch, Sweat RPS is to complete as many health-related fitness exercises as you can with your partners.
- On the start signal, all 3 players will call out, “Strong, Sweat, Stretch, SHOW!” As you say “show,” all 3 players will show rock, paper, or scissor.
- If 2 or 3 players show the same object, that object “wins” and all players will perform the exercise in that category from the exercise chart.
- If each player shows a different symbol, then each will perform the exercise from the category matching their own symbol.



Rock = Strong / Muscular Fitness

Paper = Stretch / Flexibility

Scissor = Sweat / Aerobic Capacity

OPEN[®]

US Games

MOVEMENT
MADE FOR NOW

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

STRONG, STRETCH, SWEAT

EXERCISE CHART

STRONG ROCK	Exercise: 10-Second Plank Hold (or) 5 Push-Ups
STRETCH PAPER	Exercise: Hamstring Stretch (or) Shoulder Stretch
SWEAT SCISSOR	Exercise: 15 Jumping Jacks (or) 30 Invisible Jump Ropes

OPEN

US Games

MOVEMENT
MADE FOR NOW

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

INVISIBLE DUMBBELL FITNESS STATIONS

Notes to instructors:

Help students work on muscular fitness without the heavy lifting! These cards are designed to be set up in station format with small groups of students working at each station. Time each station interval for 30 seconds to 2 minutes. Students perform the exercise on the card and then rotate to the next station.

As with any game or activity resource, it's up to you to assess the needs and abilities of the students under your supervision. Modify these activities as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each exercise to the group before allowing students to work independently.

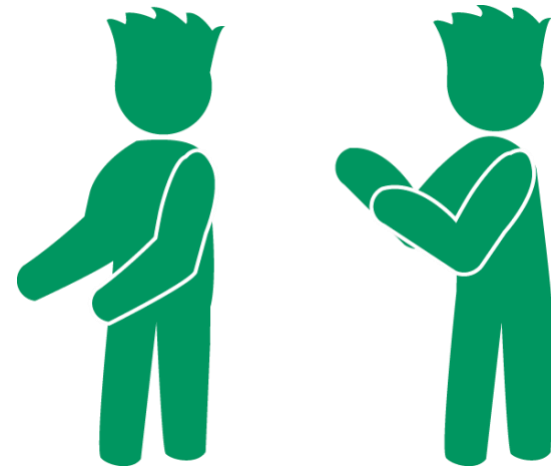
Every page includes a reminder to practice safe social distancing. All of the exercises in this packet were designed to allow students to remain a minimum of 6 feet apart and *DO NOT* require them to use or share equipment.



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

INVISIBLE DUMBBELL BICEPS CURL

- Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips.
- Curl both invisible dumbbells up toward your shoulders.
- Lower your arms and repeat.



Muscle Focus: Biceps

OPEN[®]

US Games

MOVEMENT
MADE FOR NOW



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

INVISIBLE DUMBBELL DUMBBELL CRUNCH

- Lay on your back with your knees bent, holding the invisible dumbbell on your chest.
- Slowly curl your head and shoulders up, and then lower back down to the starting position.



Muscle Focus: Rectus Abdominis

OPEN[®]

US Games

MOVEMENT
MADE FOR NOW



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

INVISIBLE DUMBBELL DUMBBELL LUNGES

- Stand tall, holding the invisible dumbbells down at your sides.
- Step with your right foot until your right thigh is parallel to the floor (left leg stays in place).
- Push back up into the starting position.
- Repeat with your left leg.



Hamstrings, Quadriceps

OPEN[®]

US Games

MOVEMENT
MADE FOR NOW 

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

INVISIBLE DUMBBELL DUMBBELL PLANK ROWS

- Start in plank position.
- Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm.
- Lower back to plank position. Repeat with the other side.
- Count 1 rep every time you complete a row with your left arm.



Muscle Focus: Pectoralis, Biceps

OPEN

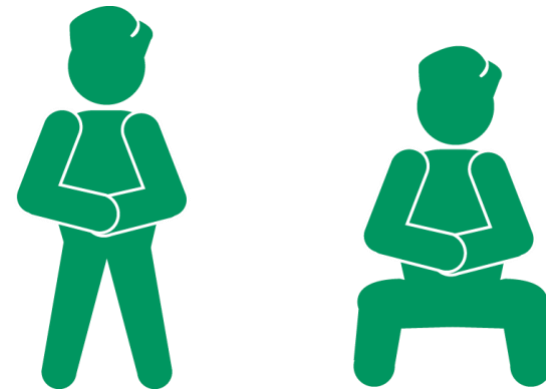
US Games

MOVEMENT
MADE FOR NOW

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

INVISIBLE DUMBBELL DUMBBELL SQUATS

- Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with both hands at the center of your chest.
- Squat down, keeping your knees above your toes, and then stand back up to the starting position.



Muscle Focus: Quadriceps, Gluteus Maximus

OPEN

US Games

MOVEMENT
MADE FOR NOW



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

INVISIBLE DUMBBELL DUMBBELL TRICEPS PUSH

- Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor.
- Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle.
- Keeping elbow in place, push back. Extend arm until it's straight. Slowly return to starting position.



Muscle Focus: Triceps

OPEN

US Games

MOVEMENT
MADE FOR NOW



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

JUMP 4 ENDURANCE RHYMES

ACTIVITY GOALS

- I will learn and perform jump rope endurance rhymes.

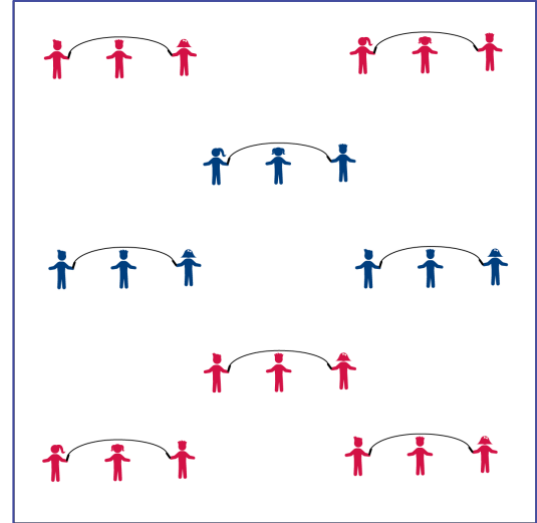
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 long jump rope per 3 players
- 1 short jump rope per player

Set-Up:

- 3 players at a rope.
- Spread out in general space with enough space to turn the rope safely.
- Get your jump ropes ready!



Activity Procedures:

- Let's see how long we can jump our ropes using the endurance rhymes listed below.
- To start, begin jumping your rope while calling out the rhyme. Keep counting (or saying the alphabet) until you make a jump rope mistake and have to stop.
- How many jumps can you make in a row with no mistakes?
- After you master each rhyme, work to try and add all of the different jump rope tricks that you know.

Endurance Rhymes:

- I can jump. I can hop. How many jumps before I stop? 1, 2, 3, 4...
- Up, and up. Down, and down. Jump and make the world go 'round! 1, 2, 3, 4...
- Pick a fruit. Pick a veggie. How many picked before I'm ready? 1, 2, 3, 4...
- ABCs and vegetable goop. What letters land in the vegetable soup? A, B, C, D...

EATING
HEALTHY
101

- Focus on Fruit:** Eating a fresh apple (including the skin!) is one of the best things you can do with your teeth on any given day. Eating the skin with the rest of the apple gives you twice as much fiber when compared to peeled apple slices. Not to mention all of the other essential nutrients that are found mostly in the skin. Eat up!

Looking for more physical education and activity ideas?
Visit [OPENPhysEd.org](https://openphysed.org) and find free activity plans and resources.

What is OPEN? OPEN is a national grassroots organization of teachers helping teachers working to provide physical educators and activity leaders free curriculum tools and outstanding professional development experiences. OPEN is a public service of [BSN Sports](https://bsnsports.org) and [US Games](https://usgames.org) with a network of 60 national trainers providing curriculum support and professional development experiences to teachers around the world. More than 43,000 teachers have downloaded lesson plans and resources that have enhanced the educational experience of 22 million students.

DANCE PARTY CARDS

**Robot
Dance**

**Basketball
Dance**

**Football
End Zone
Dance**

**Superhero
Dance**

**Grasshopper
Dance**

**Soccer
Dance**

**Tiptoe
Dance**

**Super Cardio
Dance**



Lima Bean Stew



This flavorful Peruvian dish is an interesting spin on chili, featuring lima beans in place of the usual kidney or pinto. This recipe comes to us from our friends at [Tomato Wellness](#) and was developed by Manuel Villacorta, MS, RD.

Instructions:

Adult: Heat the oil in a large saucepan over medium heat. When the oil is hot, add the onion and garlic. Sauté until soft and fragrant.

Together: Stir in the chili paste and paprika and cook for another minute.

Together: Add the water, tomato sauce, and lima beans to the pan and cook, uncovered, over low heat, making sure to stir the pot ever few minutes.

Together: Season with salt and pepper to taste.

Kid: Toss with the fresh parsley before serving.

Ingredients: (serves 5)

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 4 cloves garlic, sliced
- 2 tablespoons mild chili paste*
- 1/2 teaspoon smoked paprika
- 1 cup water
- 1 cup canned tomato sauce
- 2 jars (12 ounces each) lima beans (or 3 cups frozen)
- Salt and pepper
- 1/2 cup chopped parsley

**Found in the international foods aisle. Look for aji panca paste for an authentic Peruvian flavor*

Food For Thought!



Exploring traditional recipes from all around the world is a great way to learn about a healthy diet. This Peruvian dish features lima beans, a fiber-rich type of bean named after the capital of Peru, Lima. Ingredients like tomatoes, garlic, paprika, parsley and chili paste contribute antioxidants and other nutrients to the dish, which are important in preventing disease.

Cooking Tip of the Week

Garlic can burn quickly, so it's best to cook the onions first, then add the garlic to the pan and cook for 1-2 minutes more until the garlic begins to turn golden.

Conversation Starter

Which culture has the most delicious food in your opinion?
Which new culture's food would you like to try?



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive the Family Dinner Date each week in your inbox!



Luau Quesadillas



Fruit for dinner? These produce-packed quesadillas feature pineapple, mandarin oranges and bell peppers. Paired with tofu and seasoned with your favorite BBQ sauce, they're sure to please the whole family. This recipe comes to us from our friends at [Dole](#).

Ingredients: (serves 6)

- 1 red bell pepper, cut in half, divided
- 1 (20 oz.) can pineapple tidbits, drained
- 1 (15 oz.) can mandarin oranges, drained
- 1/2 cup cilantro, chopped
- Juice from 1 lime
- Cooking spray
- 1 (12 oz.) pkg. firm tofu, cut into small cubes
- 1/2 cup barbecue sauce
- 6 (8-inch) flour tortillas
- 1 (4 oz.) pkg. goat cheese, crumbled

Instructions:

Kid: Chop 1/2 of bell pepper into chunks. Stir together chopped bell pepper, pineapple tidbits, mandarin oranges, cilantro and lime juice in medium bowl.

Together: Reserve 1-1/2 cups and refrigerate the rest until ready to use.

Adult: Spray large skillet with cooking spray and cook tofu on high heat until lightly browned.

Together: Remove from heat. Stir in barbecue sauce and 1-1/2 cups of reserved pineapple-mandarin salsa.

Kid: Place equal amount of tofu mixture on half of each tortilla.

Together: Thinly slice remaining bell pepper half and place equal amounts on top of tofu mixture.

Kid: Sprinkle with goat cheese and fold empty half of tortilla on top and spray both sides with cooking spray.

Together: Place tortillas in large skillet, cook on each side about 2 minutes or until browned; repeat with remaining tortillas. Keep warm, serve with pineapple-mandarin salsa and garnish with cilantro sprigs, if desired.

Food For Thought!



A luau is a traditional Hawaiian party that features food, music and Hawaii's traditional dance, the hula, performed by dancers in beautiful costumes. Each dance is accompanied by a song, called a mele, and the motions of the dance tell the story of the song. Think of a story you'd like to tell. Can you come up with your own dance that tells the story?

Cooking Tip of the Week

Tofu is available in different levels of firmness, so check your package carefully. Firm or extra firm tofu, called for in this recipe, is best for sautéing, while soft or silken varieties make a great addition to soups, dips and salad dressings.

Conversation Starter

What is your signature dance move? After dinner, let's all demonstrate!



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive the Family Dinner Date each week in your inbox!



Potato Frittata with Zucchini and Spinach



The humble frittata provides an easy way to transform fresh vegetables and flavorful herbs into a quick and satisfying meal. Kids learn a versatile cooking skill by helping to crack the eggs. This recipe comes to us from our friends at [The United States Potato Board](#).

Ingredients: (serves 4)

- 4 tbsp. olive oil
- 1 large russet potato, peeled and cut into 1/8-inch-thick slices
- Salt and freshly ground black pepper
- 2 small zucchini, thinly sliced
- 3 cups finely chopped fresh spinach
- 2 tbsp. chopped fresh basil or 1/2 tbsp dried oregano
- 1 small onion, thinly sliced
- A few jarred roasted red bell pepper strips, sliced
- 5 eggs
- Grated Parmesan cheese (optional)

Instructions:

Together: Slice potatoes, zucchini, fresh spinach, onion and chop basil (if using).

Adult: Preheat oven to 350 degrees. In an 8" nonstick sauté pan, heat 1 tablespoon of the olive oil over medium heat.

Together: Add the potato and cook, turning often, until tender and golden, about 10 minutes. Season with salt and pepper. Remove the potato slices with a slotted spatula and set aside in a bowl.

Together: Add 1 tablespoon oil to the same pan and fry the zucchini, turning once, until tender and slightly golden, about 4 minutes. Add the basil and season with salt and pepper. Using the slotted spatula, add the zucchini to the potatoes.

Together: Add 1 tablespoon olive oil to pan and sauté spinach until wilted, using slotted spatula, add to potatoes and zucchini.

Together: Add enough oil to the pan to total 2 tablespoons and return to medium heat. Add the onion and sauté until soft and tender, about 10 minutes. Remove with the slotted spatula and add to the potatoes.

Kid: Add the bell pepper strips to the vegetable mixture.

Kid: In a large bowl, break the eggs and until well blended, adding a little of the Parmesan, if using.

Together: Add to the vegetables. Pour the mixture into an oiled baking dish, such as a 9-inch round pan.

Adult: Bake at 350 degrees until set and golden, about 25 minutes.

Food For Thought!



Although potatoes come from South America, Spanish sailors brought them to Europe in the 1500s. In the 1840s, Europe was hit with a plant disease called potato blight, which killed many potato crops and led to famine in places like Ireland. As a result, many Irish families immigrated to the U.S. and Canada looking for a better life.

Cooking Tip of the Week

Basil loses some of its flavor when dried, so this recipe calls for either fresh basil or dried oregano, an herb with a much stronger flavor in its dried form. When substituting dried herbs for fresh, use about one-half to one-quarter the amount.

Conversation Starter

What countries did your family's ancestors come from? What Languages did they speak and what food did they eat?



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive the Family Dinner Date each week in your inbox!



Cool Quinoa Chili



This vegetarian dish is so packed with protein from the beans and quinoa, you won't even notice it doesn't have any meat! This recipe comes to us from Kids Cook Monday Ambassador Karen of [Our Blessed Adventures](#).

Instructions:

Together: Dice the onion and green pepper.

Adult: Saute onion and green pepper in a large pot with 1 tbsp. olive oil. Add salt and pepper to taste.

Kid: Once the veggies are tender, carefully add the tomato sauce to the pot (with adult supervision).

Together: Measure out and add salt, pepper, cumin, chili powder and sugar to the pot.

Together: Drain and rinse all three cans of beans and add them to the pot.

Kid: With supervision, add the two cans of tomatoes with all their juices to the pot (the juices will help cook the quinoa).

Kid: With supervision, add the quinoa and stir to combine.

Together: Cover the pot and let simmer for about 20 minutes. The quinoa will start out very visible, but once it cooks it becomes more transparent and the chili thickens up.

Kid: Garnish with Greek yogurt, Cheddar and sliced green onions.

Ingredients: (serves 4-6)

- 3 (15.5 oz.) cans beans (black, red, white or a combination) drained and rinsed
- 1 (28 oz.) can of tomato sauce
- 2 (14.5 oz.) cans diced tomatoes, undrained
- 1/2 onion
- 1/2 green pepper
- 1/2 cup uncooked quinoa
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. sugar
- 1 tbsp. extra virgin olive oil
- Shredded Cheddar cheese, Greek yogurt and green onions, to serve (optional)

Food For Thought!



Quinoa (*keen-wah*) is a grain native to central America that recently became popular in the United States. It's a great source of nutrients like protein, iron, magnesium and B vitamins, which is one reason it's so popular, but we love it for its nutty taste, too! Believe it or not, quinoa is actually related to spinach seeds, which grow similarly. No wonder it's so good for us!

Cooking Tip of the Week

Draining and rinsing canned beans removes as much as 40% of their salt content, so it's always wise to complete this step before cooking. You can always add a pinch of salt back into the recipe if needed.

Conversation Starter

What does it mean to be a popular person? Is it important? What might be more important?



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive the Family Dinner Date each week in your inbox!



Asian Vegetable Rice Noodle Bowl



This exotic spin on pasta pairs rice noodles with savory mushrooms, while carrots and tomatoes add a nutritious and colorful pop. This recipe comes to us from our friends at [Tomato Wellness](#).

Ingredients: (serves 8)

- 1 quart vegetable broth
- 7 ounces rice stick noodles, soaked in warm (not hot) water until soft, then drained
- 2 tablespoons vegetable oil
- 1 egg
- 2 cup sliced carrots
- 2 cups portobello mushroom caps, cut into quarters
- 3 cups shredded cabbage
- Salt and black pepper to taste
- 1 (14.5 ounce) can diced tomatoes, drained
- 2 tablespoons soy sauce
- 2 teaspoons rice vinegar
- 1 teaspoon sugar
- 1/2 teaspoon Asian fish sauce

Instructions:

Adult: Heat the vegetable broth until hot in a two quart stock pot. Add the rice noodles. Soak until soft but still firm. Drain the noodles into a colander reserving the liquid.

Adult: Place a pot on medium heat and add one third of the oil. Scramble the egg in a small bowl and when the oil is hot, add the egg. Cook lightly until firm and turn over.

Together: Remove onto cutting board and cut into thin strips.

Together: Wipe out the pot and place it on medium heat. Add the rest of the oil and when hot toss in the carrots and cook, stirring for two minutes.

Together: Add the mushrooms and continue to cook 3 to 4 minutes. Add the cabbage and diced tomatoes and cook another 3 to 4 minutes. Season with salt and black pepper.

Together: Return the reserved noodle liquid, soy sauce, rice vinegar, sugar and fish sauce. Bring to a boil.

Together: Place equal portions of rice noodles in four bowls. Distribute the vegetables and broth.

Kid: Top with egg strips.

Food For Thought!



Did you know that the vitamins that keep us healthy and help us grow are all different colors of the rainbow? Carrots and tomatoes have a red nutrient called lycopene (lahy-kuh-peen), which may help prevent disease. Canned tomatoes are an especially great source of lycopene since the cooking process makes it more usable to our bodies!

Cooking Tip of the Week

Rice noodles are more delicate than wheat noodles, so they don't even need to be boiled. Just soak them in hot liquid for the amount of time listed on the package, stirring occasionally.

Conversation Starter

If you had the power to transform into an animal, which one would you pick? Why?



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive the Family Dinner Date each week in your inbox!



Southwest Couscous



Serve up the flavors of the Southwest with this quick and easy recipe. Packed with fiber, it's sure to spice up your dinner routine. This recipe comes to us from our friends at [Tomato Wellness](#).

Ingredients: (serves 4)

- 1 can (14.5 oz.) stewed tomatoes
- 1 can (14.5 oz.) vegetable broth
- 1/2 cup chopped green onions, divided
- 2 tablespoons margarine or butter
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 package (10 oz.) whole wheat couscous
- 1 can (15 oz.) low-sodium black beans, drained and rinsed
- 1/2 cup shredded low-fat cheddar cheese

Instructions:

Adult: Cook 1/2 cup green onions in margarine or butter in large saucepan until tender.

Together: Stir in broth, undrained tomatoes, cumin and chili powder.

Adult: Heat to a boil; remove from heat.

Together: Stir in couscous and beans. Cover, let stand 5 minutes.

Kid: Fluff couscous mixture with a fork.

Kid: Top each serving with cheese and remaining green onions.

Food For Thought!



Ever wonder how canned food stays fresh for so long? Canned foods are heated after they're sealed, which removes any bacteria. Because of the seal, no new bacteria can enter the can and spoil the food. Although canned foods are processed, many items like tomatoes, beans and vegetable stock are still healthy whole foods. But since some versions have lots of salt, look for "reduced sodium" versions when possible.

Cooking Tip of the Week

It takes about eight green onion stalks to get a full cup of chopped green onions. Since this recipe calls for only half a cup of green onions, how many stalks will you need?

Conversation Starter

What is something you hope you'll be able to keep for a long time? Why?



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive
the Family Dinner Date each week in your inbox!

Confetti Stuffed Bell Peppers



Pairing fresh bell peppers with a frozen vegetable blend allows you to enjoy a bounty of nutrients while keeping the prep work manageable. Kids will love mixing up the filling and sprinkling the stuffed peppers with cheese. This recipe comes to us from our friends at [Birds Eye](#).

Instructions:

Adult: Preheat oven to 350°F.

Kid: Lightly grease a 9 x 13-inch shallow baking dish with nonstick cooking spray

Kid: Combine prepared mixed vegetables, brown rice, 1/2 cup mozzarella cheese, 1/4 cup parmesan cheese, tomato sauce and black pepper in a large bowl.

Together: Arrange peppers in prepared pan and spoon mixture into peppers.

Together: Pour 1/4 cup water into pan around the peppers. Cover with aluminum foil and bake for 30 minutes, until peppers are tender.

Together: Remove foil and evenly sprinkle peppers with remaining cheeses. Bake uncovered 5 minutes or until cheese is melted.

Ingredients: (serves 4)

- 4 large bell peppers, cut in half lengthwise and seeded
- 1 bag (12 oz.) frozen mixed vegetables, cooked according to package directions
- 1 bag (10 oz.) frozen whole grain brown rice, cooked according to package directions
- 1 cup shredded part skim mozzarella cheese, divided
- 1/2 cup Parmesan cheese, divided
- 1 can (8 oz.) tomato sauce
- 1/8 tsp. black pepper

Food For Thought!



Did you know that frozen vegetables are both convenient and nutritious? Although fresh vegetables are always a healthy choice, the nutrients they contain start to deteriorate as the item is transported and stored. Freezing vegetables shortly after picking locks in these nutrients, so that by the time you eat them they are nearly as nutritious they were the moment they were harvested.

Cooking Tip of the Week

Covering a baking dish with foil traps the food's water molecules and prevents the dish from drying out, while removing the foil a few minutes before the baking time is up helps melt the top layer and give it an appealing golden color.

Conversation Starter

How would you describe yourself to someone who has never met you?



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive
the Family Dinner Date each week in your inbox!



Terrific Tostadas



When evenings are busy, simple dinners are key. These tostadas come together in no time and are packed with nutritious veggies and beans. This recipe comes to us from [Working for Cookies](#).

Ingredients: (serves 4)

- 1 (15 oz.) can black beans
- 1/2 teaspoon garlic salt
- 1 teaspoon chili powder
- 4 whole-wheat tortillas
- 1 tablespoon olive oil
- 4 oz. Monterey Jack Cheese
- 4 cups frozen corn
- 1 cup grape tomatoes
- 1 avocado
- 1 bunch scallions
- 1 lime
- A few sprigs of cilantro (optional)

Instructions:

Adult: Adult: Preheat oven to 475 degrees.

Together: In a small bowl, combine black beans, garlic salt and chili powder.

Together: Brush both sides of tortillas with olive oil and place on a baking sheet. Top with cheese and seasoned beans. Put in oven for 10 minutes.

Together: Meanwhile, combine corn, tomatoes, avocados, scallions and lime juice in a large mixing bowl.

Adult: Remove tortillas from the oven.

Kid: Top tortillas with corn mixture and enjoy!

***Optional:** Brush additional tortillas with olive oil and bake alongside the toastadas. Once baked, break them into pieces and use them as chips for the remaining corn mixture.

Food For Thought!



Give your avocados a light squeeze. If they're firm, they're not ripe and won't taste very good. Avocados grow on trees, but unlike apples, they won't ripen until after they're picked. If your avocados are unripe, place them in a brown paper bag for one to three days. This traps a chemical they produce called ethylene (*eth-uh-leen*) gas and speeds up the ripening process.

Cooking Tip of the Week

The citric acid in lime juice helps to prevent a cut avocado from turning brown, so make sure to cut your avocado right before mixing it into the corn relish.

Conversation Starter

What do you think you will like most about being in your new grade this year?



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive
the Family Dinner Date each week in your inbox!



30 Minute Veggie Tortellini Soup



Cheesy pasta and brightly colored veggies unite to form this quick and delicious soup. This recipe comes from our friends at [Produce for Kids](#) and appears in the Kids Cook Monday Family Dinner Date Cookbook.

Instructions:

Together: Prep ingredients.

Adult: Heat oil in large pot over medium heat.

Together: Add garlic, celery, onion, carrots and cook 5-10 minutes, until tender.

Adult: Increase heat to high; add broth, tomatoes, escarole, green beans and corn. Bring to a simmer and add tortellini. Reduce heat and simmer 9-10 minutes, or until tortellini is cooked.

Kid: Top with 1 1/2 teaspoons of cheese.

Ingredients: (serves 4)

- 1 tablespoon olive oil
- 2 ribs celery, chopped
- 1 sweet onion, chopped
- 2 cups coin cut carrots
- 2 (48 oz.) cans low sodium vegetable broth
- 1 (14.5 oz.) can low sodium diced tomatoes
- 1 head escarole, roughly chopped
- 2 cups green beans
- 1 cup frozen sweet corn
- 1 package dry tortellini (about 7 oz.)
- 1/4 cup grated Parmesan cheese

Food For Thought!



Escarole is a leafy green in the chicory family, which also includes endive, radicchio and frisée. These greens grow well in chilly weather and are a great source of folic acid, fiber and vitamins A and K. Escarole holds up well in soups and is less bitter than its cousins, making it a hit with kids. None to be found? Spinach works in this recipe, too.

Cooking Tip of the Week

Either fresh or frozen corn, carrots and green beans will work in this recipe, but onions and celery don't freeze well because of their high water content, so it's better to stick with fresh versions.

Conversation Starter

What are your favorite and least favorite veggies? Do you think you could ever start to like one that isn't your favorite?



"Start your week off right: Make Monday family night!"
Visit TheKidsCookMonday.org to receive
the Family Dinner Date each week in your inbox!



A balancing act

Background knowledge

A healthy diet is a balanced combination of food for growth and repair, energy-giving food, and vitamins and minerals. You also need food that contains fibre. You cannot digest fibre, but it helps move food through your digestive tract. The amount of food you need depends on how active you are and how much you are growing. If you eat too little, you can suffer from malnutrition because your body is not getting the nutrients it needs. If you eat too much, you can become overweight, which can lead to health problems such as diabetes.

Science activity

Here are some meals with an item missing from each one. Decide what food item you would add to make each meal part of a balanced diet. Write the name of the item and which food group it is from.

- 1 • Boiled potato
• Cabbage
• Carrot



•

- 2 • Pizza (cheese and tomato topping)



•

- 3 • Boiled rice
• Grilled lamb chop
• Bacon



•

- 4 • Chicken drumsticks
• Peas



•

- 5 • Lettuce
• Spring onions
• Grated carrots
• Bread



•

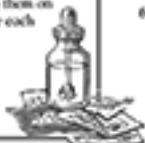
- 6 • Fried egg
• Bacon
• Toast
• Pudding



•

Science investigation

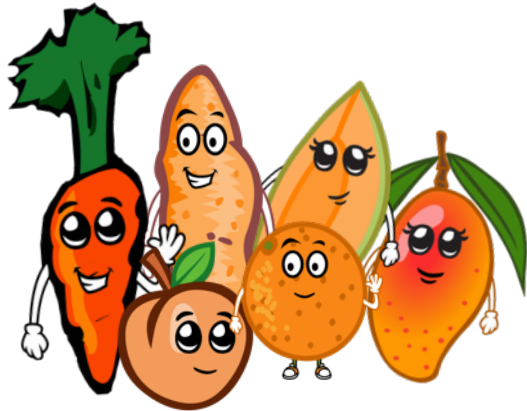
Collect pictures of food and make a collage of a healthy dinner, by sticking them on paper plates. Label each food group.



Matching Color and Foods Activity Worksheet

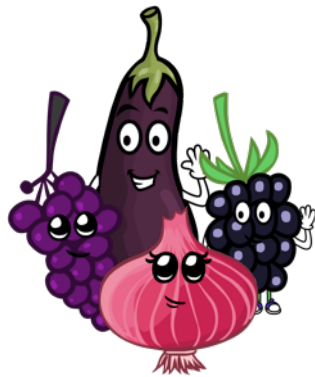
Did you know that fruits and vegetables come in many colors? Color your plate with your favorite colors!

Draw a line and match the color with the right foods.



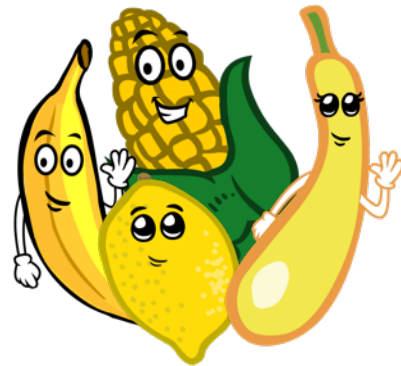
Green

White



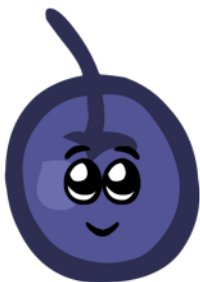
Yellow

Purple



Orange

Blue



Red

