



Physical Education - Grades 6, 7, 8 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 6, 7, 8

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 6, 7, 8**

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 እንዲገናኙ 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 እሽግ ከጁን 5 2020 ዓ.ም. በፊት ወደ ትምህርት ጣቢያ/ ካምፓስ ይመልሱ።

በዚህ እሽግ 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። መጽሔቱን እና የተለያዩ ጽሁፎችን በ www.dclibrary.org ማግኘት ይቻላል።
- ሀሳቦቻቸውን ፣ ምልከታዎቻቸውን ፣ ወይም ስዕሎቻቸውን ለመገልበጥ ልጆች ማስታወሻ ደብተር ወይም ማስታወሻ እንዲይዙ ያበረታቷቸው።
- የአየር ሁኔታ እንዲሟሟቅ ለአንድ ወይም ለሁለት ሰዓት ወደ ደጅ የዘዋቸው ይውጡ።
- ልጅዎ በዚህ ፓኬት ውስጥ ስላለው ሥራ ጥያቄ ካለዎት ከአስተማሪው ጋር ይገናኙ።

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

ከሠላምታ ጋር፡

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May Physical Education AT HOME

Grades 6-8

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!
9-17	At Home Physical Education Weekly Plan for Students: Circus Arts <i>*The calendar includes a week's worth of activities and instructions.</i>
19-32	At Home Physical Education Weekly Plan for Students: Rock, Paper, Scissors Games <i>*The calendar includes a week's worth of activities and instructions.</i>
33-45	Two Week Journaling Activity – follow these instructions to keep a fitness journal for 2 weeks!
47-61	Shadow Ball and Tabata Stations – Grab a family member and get to work! If you do one of these activities, make sure to record it in you Activity Log.
63-72	Plug-and-Play and Open-At-Home Activities – Remember to record the activities you choose in your Activity Log.

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 6-8 (Engages in Physical Activity) Standard 3 [M2.6-8]
Participates in self-selected physical activity outside of physical education class -(6)
- Participates in a physical activity twice a week outside of physical education class-(7) Participates in physical activity three times a week outside of physical education class-(8).

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 6-8 (Participa en la actividad física) Estándar 3 [M2.6-8]
Participa en una actividad física autoseleccionada fuera de la clase de educación física - (6)
- Participa en una actividad física dos veces por semana fuera de la clase de educación física- (7) Participa en actividad física tres veces por semana fuera de la clase de educación física- (8).

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: CIRCUS ARTS MIDDLE SCHOOL

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 demonstrate coordination when objects cascade from the air.	I will cope with challenges of juggling by persevering.	I will focus on the objects as they pass in front of my eyes.	I will show grit by working hard to complete circus art tasks.	I will demonstrate coordination during my juggling workout.
Today's Vocabulary	CASCADE To fall downward rapidly.	COPE To deal with or work through something difficult.	FOCUS To pay close attention to someone or something.	GRIT Courage, resolve, strength of character.	JUGGLE To continuously toss a number of objects into the air and catch them.
Warm-Up Activity	Rookie (Darebee)	Journeyman (Darebee)	Me Time (Darebee)	Lockdown (Darebee)	The Final Bell (Darebee)
Learning Focus Activity	Activity 1: Scarf Juggling Part 1: You can use grocery bags, scarfs, long socks Practice each activity for 5 mins. Scarf Juggling Tutorial	Activity 2: Scarf Juggling Part 2: You can use grocery bags, scarfs, long socks Practice each activity for 5 mins. Scarf Juggling Tutorial	Activity 3: Scarf Juggling Part 1 or 2: You can use grocery bags, scarfs, long socks Practice each activity for 5 mins. Scarf Juggling Tutorial	Activity 4: Advanced Juggling Part 1: You can use sock balls, paper plates, water bottles. Advanced Juggling Tutorial Or Practice Activity 1	Activity 5: Advanced Juggling Part 2: You can use sock balls, paper plates, water bottles. Advanced Juggling Tutorial Or Practice Activity 2
Daily Movement Activity	Everyday Yoga (Darebee)	Twist & Fold (Darebee)	Everyday Yoga (Darebee)	Twist & Fold (Darebee)	Everyday Yoga (Darebee)
Mindfulness	7-11 Breathing (2bpresent)	Relax 5-Min Guide (2bpresent)	7-11 Breathing (2bpresent)	Relax 5-Min Guide (2bpresent)	Relax 5-Min Guide (2bpresent)
Did You Complete the Fitness Log?	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No
How am I feeling today?	  	  	  	  	  

SCARF / BALL JUGGLING IN 3 LEVELS OF PRACTICE

Level 1: One Object (Toss-Catch)

- Begin with the object in your right hand.
- Toss it in a high arc so that it passes in front of your face (or higher) and comes down to be caught in your left hand.
- Now, repeat that tossing pattern from your left to your right hand.
- Continue practicing this (back and forth) for 3 to 5 minutes.



Level 2: Two Objects (Toss-Toss-Catch-Catch)

- Begin with one object in each hand.
- Toss the right object as you did in Level 1.
- Next, toss the left object up and under the right object.
- Catch first with your left hand, and then catch with your right hand. The objects should have switched hands.
- Continue practicing this (toss-toss-catch-catch) for 5 minutes.



IMPORTANT TIP

* Toss the objects high and in an arc to the opposite hands. This gives you more time to track and catch each one.

** If you are left-handed, begin with a toss from your left hand.



Level 3: Three Objects

- Start with one object in your left hand and two objects in your right hand.
- It helps to hold each object between your different fingers so you can release them one at a time. For example, hold one object between your thumb and index finger, and the other between your index and middle finger.
- The first toss must be from your right hand. Release one object in the same high arc you've been using from level 1.
- Next, toss the object from your left hand up and under as you did in level 2. As you bring your left hand back into starting position, catch the object cascading down on that side.
- At the same time, toss the third object up and under the second object.
- Repeat the catching/tossing figure-8 pattern to continue your juggling sequence. Keep practicing!
- If you need to, go back to level 2 to refresh the up-and-under toss-toss-catch-catch pattern.

IMPORTANT TIP: If you are left-handed, begin with two objects in your left hand.

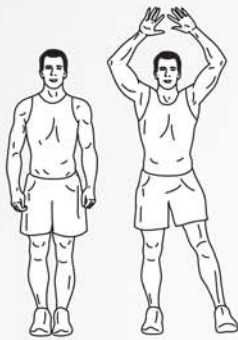


Growth Mindset (*noun*) A belief that abilities can be developed through dedication and hard work; raw talent and common knowledge are just starting points.

ROOKIE

DAREBEE WORKOUT @ darebee.com

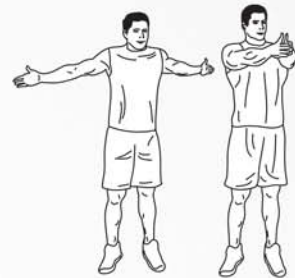
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



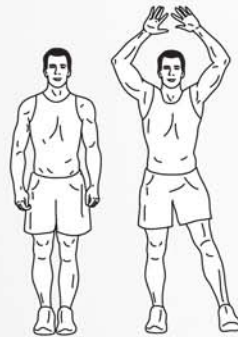
10 step jacks



4 lunges



20 chest expansions



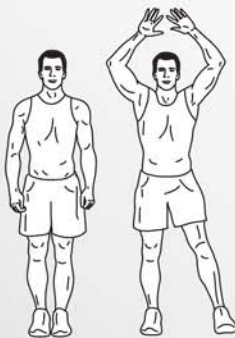
10 step jacks



4 lunges



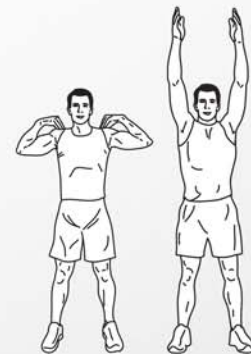
20 raised arm circles



10 step jacks



4 lunges



20 shoulder taps

JOURNEYMAN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 reverse lunges



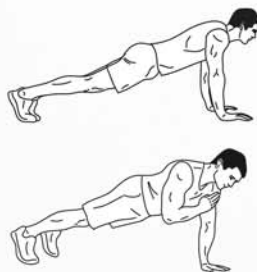
20 shoulder taps



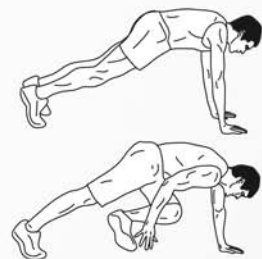
10 plank rotations



10 reverse lunges



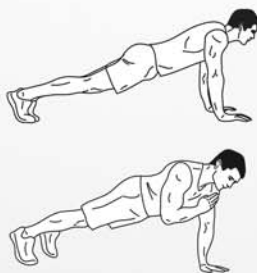
20 shoulder taps



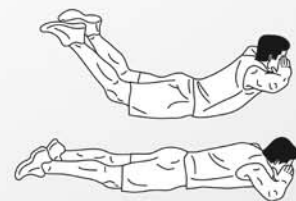
10 climber taps



10 reverse lunges



20 shoulder taps

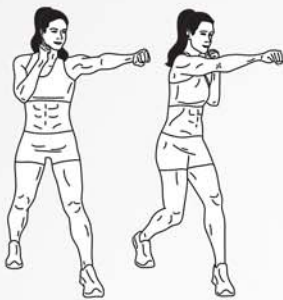


10 back extensions

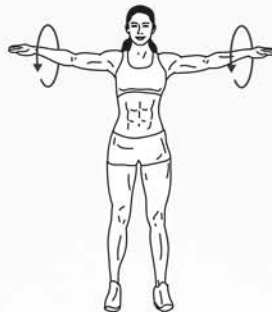
ME TIME

DAREBEE **HIIT** WORKOUT @ darebee.com

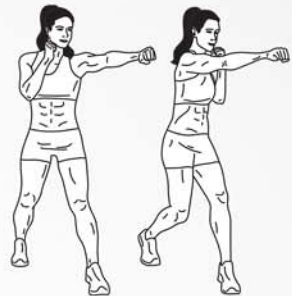
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec punches



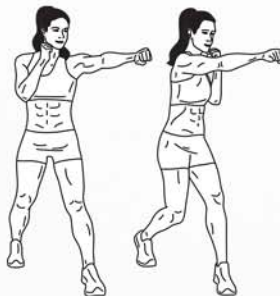
20sec raised arm circles



20sec punches



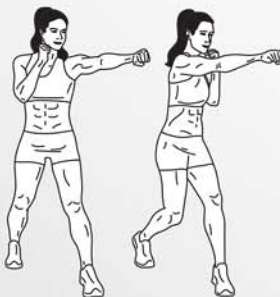
20sec knee-to-elbows



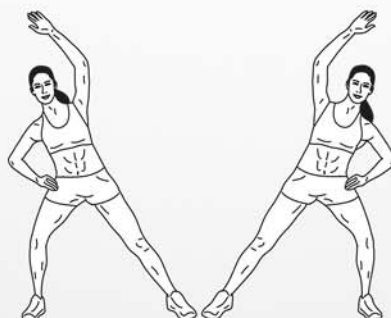
20sec punches



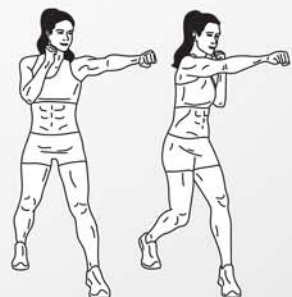
20sec knee-to-elbows



20sec punches



20sec side jacks



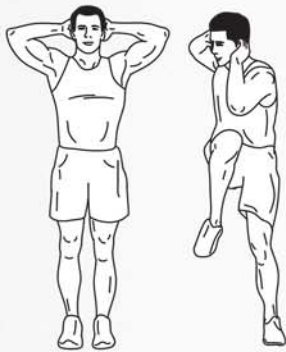
20sec punches

LOCK DOWN

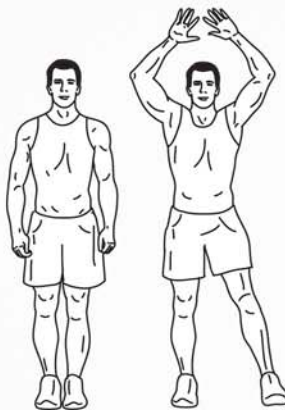
WORKOUT
BY DAREBEE

@ darebee.com

Repeat 5 times in total.
Up to 2 minutes rest
between sets.



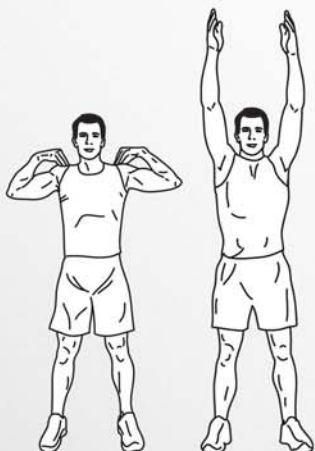
10 knee-to-elbows



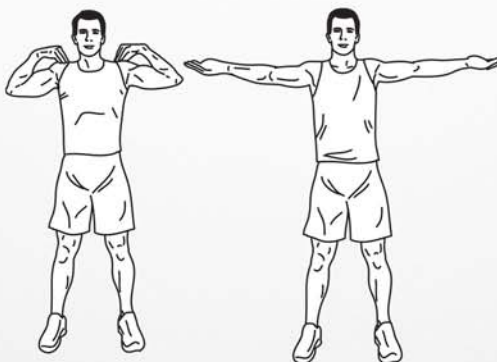
10 step jacks



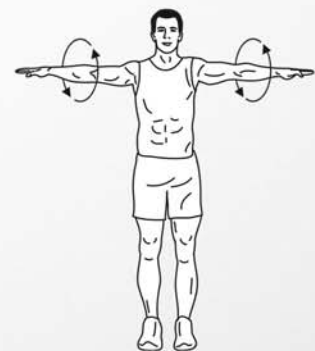
10 reverse lunges



20 shoulder taps



20 side shoulder taps

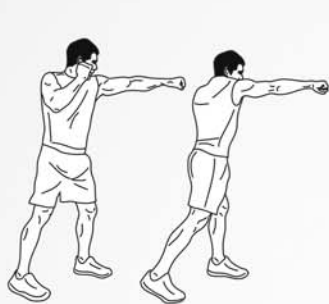


20 raised arm circles

#FINAL BELL

DAREBEE WORKOUT @ darebee.com

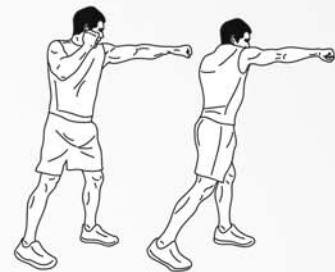
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



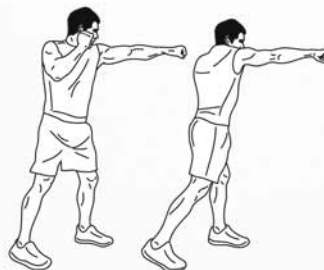
10 uppercuts



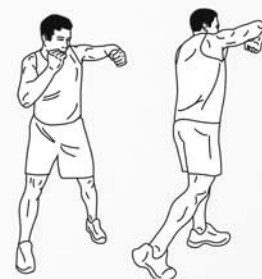
20 punches



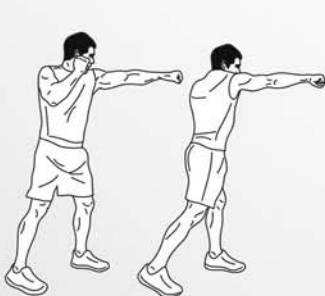
10 hooks



20 punches



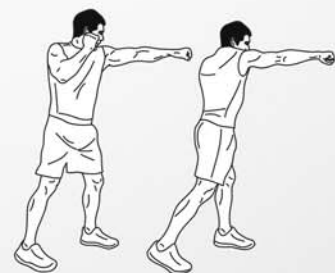
10 hooks



20 punches



10 uppercuts



20 punches

EVERYDAY YOGA

DAREBEE WORKOUT @ darebee.com

Hold each pose for 20 seconds then move on to the next one.

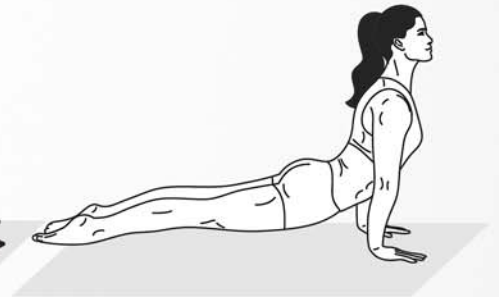
Repeat the sequence again on the other side.



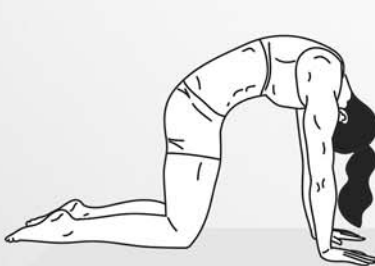
deep lunge with twist



downward dog



upward dog



cat pose



cow pose



pigeon pose

twist & fold

DAREBEE WORKOUT @ darebee.com

Hold each move for 20 seconds.



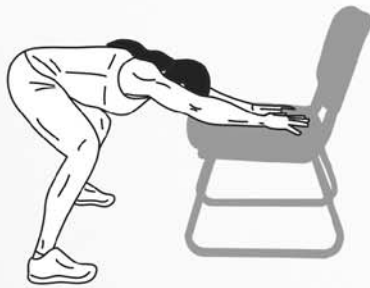
crescent lunge



extended side angle



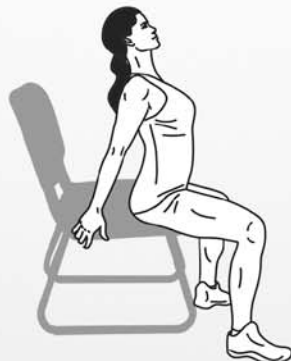
revolved side angle



bent downward-facing dog - into - downward-facing dog



seated twist


















camel pose



forward fold

ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL SOCIAL DISTANCING (Rock, Paper, Scissor 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 have a positive social interaction with my family members by using kind and helpful words during RPS Games.	I will stay actively engaged during RPS Games by completing all Victory Dance and Balance Pose challenges.	I will talk about challenges with my family members. <i>In the past 4 weeks, how have we positively coped with a challenge?</i>	I will show respect for my family members by telling them 1 thing that I admire about them.	I will demonstrate perseverance by continuing to complete my at-home physical education assignments.
Today's Vocabulary	SOCIAL INTERACTION An exchange of communication between two or more individuals.	ACTIVELY ENGAGED To participate in an activity while showing genuine interest and a desire for excellence.	CHALLENGING Difficult in a way that tests one's abilities and knowledge.	RESPECT A feeling of deep admiration for someone due to their abilities, qualities, or achievements	PERSEVERE To continue along a course of action in the face of difficulty.
Warm-Up Activity	Live Long (Darebee)	Permission Granted (Darebee)	Live Long (Darebee)	Permission Granted (Darebee)	Choice
Learning Focus Activity	Activity 1: Rock, Paper, Scissor Games Perform the following stations: Basic RPS Victory Lap RPS	Activity 2: Rock, Paper, Scissor Games Perform the following stations: Victory Dance RPS Balance Pose RPS	Activity 4: Rock, Paper, Scissor Games Perform the following station: Strong, Stretch, Sweat	Activity 5: Rock, Paper, Scissor Games Perform any two RPS activities included in the packet.	Activity 5: Rock, Paper, Scissor Games Get creative. Either modify 1 of the RPS activities provided or create a RPS game.
Daily Movement Activity	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)
Refocus	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation
Did You Complete the Fitness Log?	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No
How am I feeling today?	  	  	  	  	  

LIVE LONG

DAREBEE WORKOUT

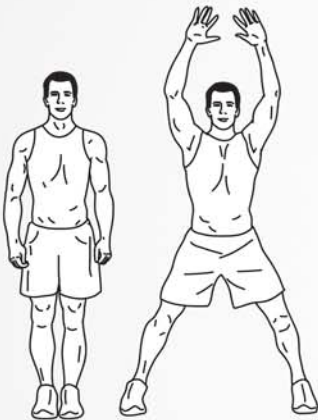
@ darebee.com

Level I 3 sets

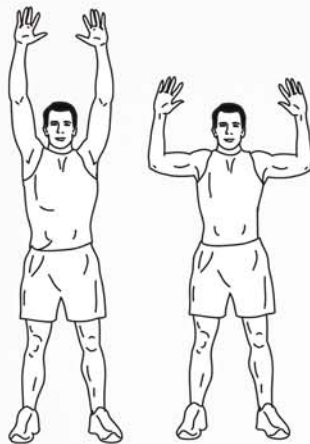
Level II 5 sets

Level III 7 sets

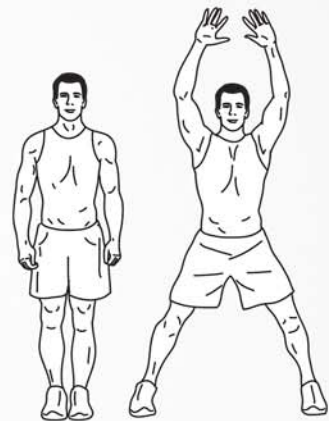
2 minutes rest



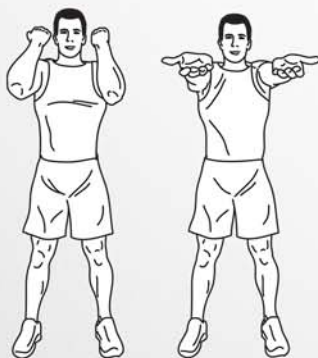
10 jumping jacks



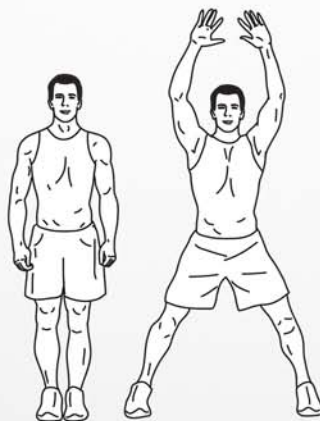
20 standing W-extensions



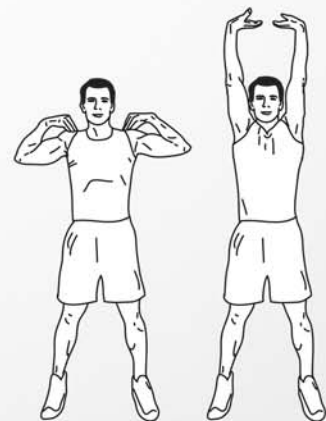
10 jumping jacks



20 bicep extensions



10 jumping jacks



20 shoulder taps

PERMISSION

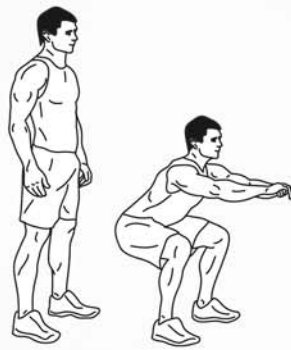
GRANTED

DAREBEE WORKOUT @ darebee.com

Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



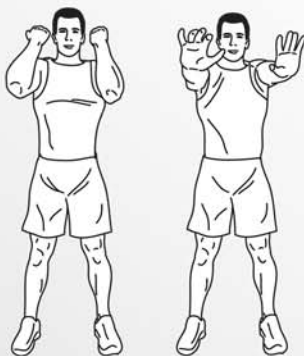
20 high knees



8 squats



20 standing W-extensions



20 bicep extensions



8 sit-ups



8 sitting twists

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.

ROCK, PAPER, SCISSOR

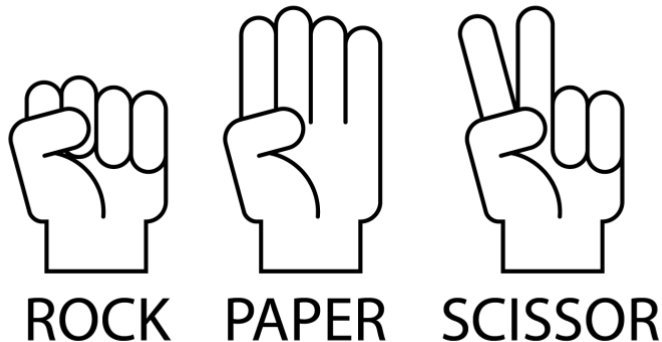
RULES POSTER

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.



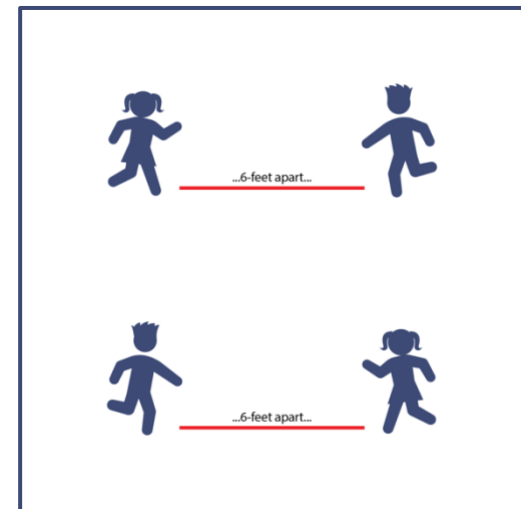
BASIC ROCK, PAPER, SCISSOR (RPS)

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.



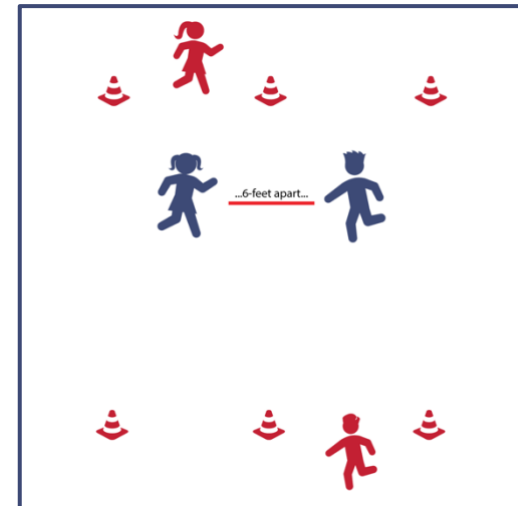
VICTORY LAP RPS

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.



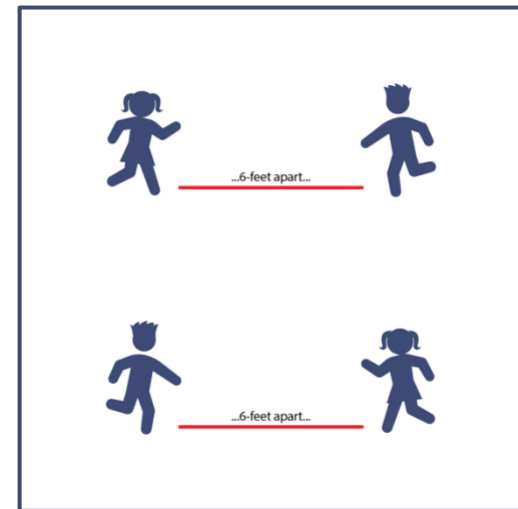
VICTORY DANCE RPS

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.



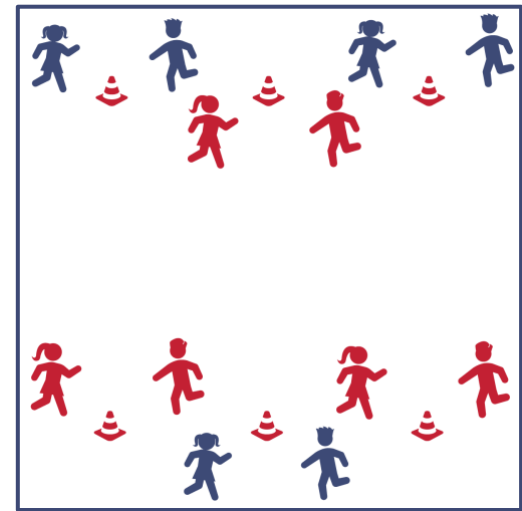
CHAMPIONSHIP BELT RPS

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!*



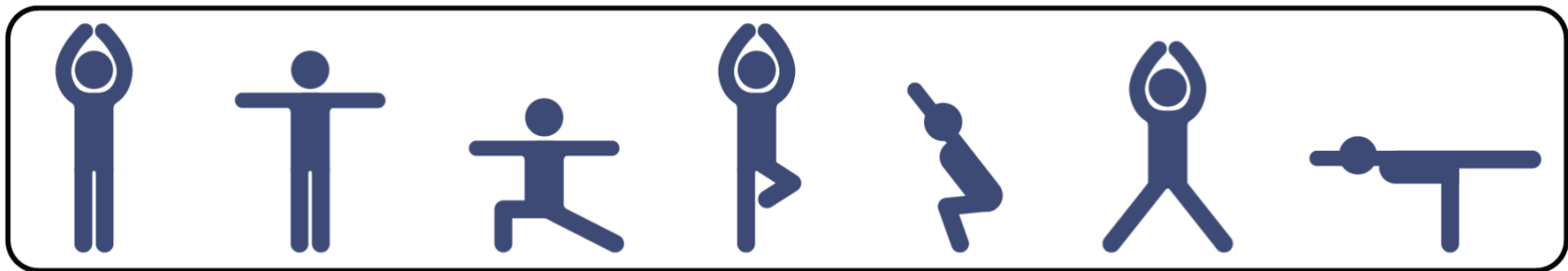
BALANCE POSE RPS

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.



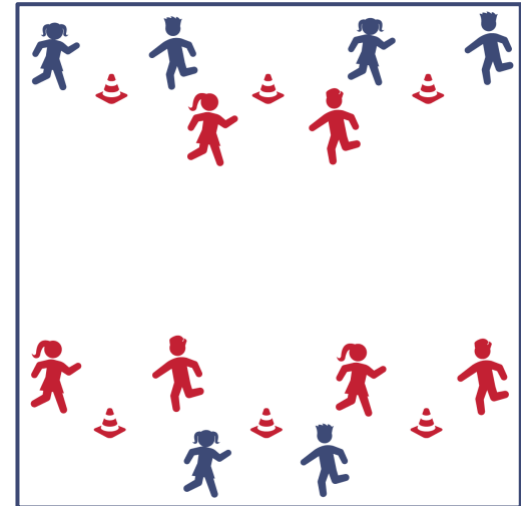
AROUND THE WORLD RPS

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.



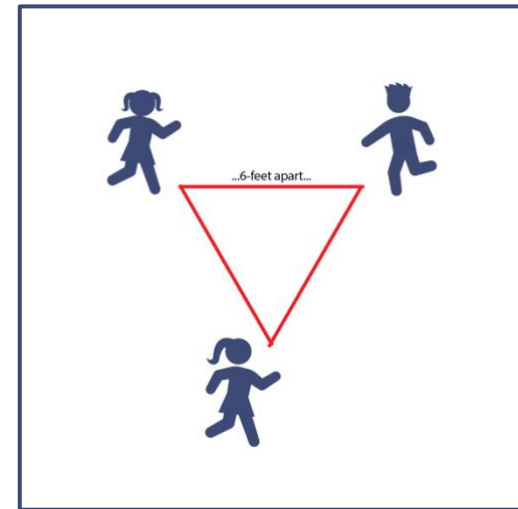
STRONG, STRETCH, SWEAT RPS

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

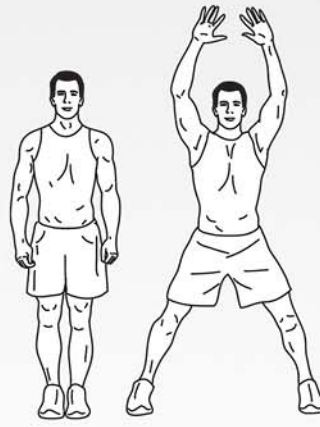
Scissor = Sweat / Aerobic Capacity

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

good morning, world!



30-day challenge

Do jumping jacks
for 60 seconds non-stop
every morning, for 30 days

© darebee.com

1 60 seconds jumping jacks	2 60 seconds jumping jacks	3 60 seconds jumping jacks	4 60 seconds jumping jacks	5 60 seconds jumping jacks
6 60 seconds jumping jacks	7 60 seconds jumping jacks	8 60 seconds jumping jacks	9 60 seconds jumping jacks	10 60 seconds jumping jacks
11 60 seconds jumping jacks	12 60 seconds jumping jacks	13 60 seconds jumping jacks	14 60 seconds jumping jacks	15 60 seconds jumping jacks
16 60 seconds jumping jacks	17 60 seconds jumping jacks	18 60 seconds jumping jacks	19 60 seconds jumping jacks	20 60 seconds jumping jacks
21 60 seconds jumping jacks	22 60 seconds jumping jacks	23 60 seconds jumping jacks	24 60 seconds jumping jacks	25 60 seconds jumping jacks
26 60 seconds jumping jacks	27 60 seconds jumping jacks	28 60 seconds jumping jacks	29 60 seconds jumping jacks	30 60 seconds jumping jacks

Physical Education

Fitness Journal



Name: _____ **Date:** _____

This fitness journal is your instructional guide through a 2-week wellness home study. It has been designed with a focus on the following core competencies for social and emotional learning – Self-Awareness and Self-Management.

In addition, you will be working toward physical education grade-level outcomes in the areas of fitness knowledge and personal and social responsibility.

To receive credit for this assignment, follow the instructions on each page, complete the exercises and writing prompts, and then return your finished journal to your physical education teacher.

Focused Alignments:
Core SEL Competencies | casel.org
Grade-level Outcomes | shapeamerica.org

Featuring Resources By:





Physical Education

Fitness Journal

This is a 2-week home study focused on...

1. Understanding self-awareness and self-management as it relates to physical activity, goal setting, and stress management
2. Exploring personal thoughts and emotions as they relate to physical activity and examine how these thoughts affect our behaviors and routines
3. Achieving personal activity goals aimed at reducing stress and boosting our body's ability to fight disease

There are 3 components to this journal.

- ✓ First, you will complete daily activity challenges designed to prepare our minds for optimal performance and creativity.
- ✓ Second, you will use Tabata-style activity intervals and/or dance breaks to help you progress toward a daily physical activity goal of 60 minutes of moderate to vigorous physical activity.
- ✓ Third, you will complete short journaling exercises focused on developing social and emotional competencies.

Your 2-week SMART goals.

A SMART goal is Specific, Measurable, Achievable, Realistic, and Time-bound.

- **SMART GOAL 1:** During the next two weeks, I will be physically active for at least 60 minutes per day for a minimum of 12 of 14 days. I will track my activity using the activity log provided in this journal.
- **SMART GOAL 2:** During the next two weeks, I will complete all of the writing prompts included in this journal. Each prompt will help me explore physical and emotional well-being concepts.



Physical Education

Fitness Journal

Physical Activity Log

Use the activity log to track your progress. Remember, activity minutes add up.

It's okay to break your total activity into smaller chunks of movement.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Daily Challenge 15 Mins	Tabata 15 Mins	Walk with Friends 30 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
Sample Day	Daily Challenge 15 Mins	Tabata 15 Mins	Walk with Friends 30 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



Physical Education

Fitness Journal

Daily Activity Challenges

Complete each challenge. When finished, mark an **X** next to that day's challenge.

Day	Challenge	Complete ?
Sample Day	How many jumping jacks can you do in 15 minutes? Do your 'jacks in sets of 25 with a break in between.	X
Day 1	Visit Darebee.com and complete the Workout of the Day.	
Day 2	Make 3 sock balls by balling up your socks - duh... Grab an adult and search "learn to juggle" on YouTube. Work for 15 minutes and make progress.	
Day 3	Grab an invisible jump rope and create a routine that includes at least 4 different "tricks."	
Day 4	Wall Push-ups are just like push-ups but are done standing against a wall. Do 10 sets of 10.	
Day 5	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	
Day 6	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
Day 7	Visit www.hhph.org/resources/flow/ And complete this HYPE the Breaks routine.	
Day 8	Remember how many jumping jacks you did in 15 minutes? It's time to break your record! Do your 'jacks in sets of 25 with a break in between.	
Day 9	Practice makes perfect! Grab those 3 sock balls and work on your juggling for another 15 minutes.	
Day 10	Visit Darebee.com and complete the Workout of the Day.	
Day 11	How many jumping jacks can you do in 15 minutes? Do your 'jacks in sets of 25 with a break in between.	
Day 12	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	
Day 13	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
Day 14	Visit www.hhph.org/resources/to-the-core/ And complete this HYPE the Breaks routine.	



Let's H.Y.P.E. the breaks!

Hip Hop Public Health is an organization dedicated to helping kids and their families live health and active lives. They've created a video dance series called HYPE the Breaks that you can use at home to stay active. Here's how you can find a dance that you like.

- 1) Visit www.hhph.org
- 2) Click on the "RESOURCES" link in the top menu.
- 3) Use the Filter and Sort tools on the left of the window.
- 4) Check "HYPE Breaking It Down" and "HYPE the Breaks Vol. 1"
- 5) Click on and follow then along with one of the many videos.

TABATA Time!

What is Tabata Training?

- ✓ Tabata training was created by a Japanese scientist named Dr. Izumi Tabata.
- ✓ True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set.
- ✓ We may adjust our timing and intensity throughout the module, but it's important to understand the history behind our workouts.
- ✓ Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

We'll focus on 2 types of Tabata activity routines – One and Done, and Double or Nothing. Then, you can use the blank routine chart to create your own workout.

One and Done

This format is called "one & done" because each exercise is only done 1 time during the routine.

Set #	Exercise Name	Interval Start
1	Jumping Jacks (20 seconds) Rest 10 seconds	0:00
2	Lunges (20 seconds) Rest 10 seconds	0:30
3	Hold Plank Position (20 seconds) Rest 10 seconds	1:00
4	Invisible Jump Rope (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Plank Leg Raises (20 seconds) Rest 10 seconds	2:30
7	Jog in Place with High Knees (20 seconds) Rest 10 seconds	3:00
8	Plank Arm Raises (20 seconds) Rest 10 seconds	3:30



Double or Nothing

This format is “Double or Nothing” because each exercise is done twice in a row.

Set #	Exercise Name	Interval Start
1	Lunges (20 seconds) Rest 10 seconds	0:00
2	Lunges (20 seconds) Rest 10 seconds	0:30
3	Hold Plank Position (20 seconds) Rest 10 seconds	1:00
4	Hold Plank Position (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Squats (20 seconds) Rest 10 seconds	2:30
7	Jumping Jacks (20 seconds) Rest 10 seconds	3:00
8	Jumping Jacks (20 seconds) Rest 10 seconds	3:30

Create Your Own

Create your own routine in the chart below. Looking for good exercises?

Visit www.darebee.com/video.html for a library of exercise videos.

Set #	Exercise Name	Interval Start
1	Exercise Name: _____ (20 seconds) Rest 10 seconds	0:00
2	Exercise Name: _____ (20 seconds) Rest 10 seconds	0:30
3	Exercise Name: _____ (20 seconds) Rest 10 seconds	1:00
4	Exercise Name: _____ (20 seconds) Rest 10 seconds	1:30
5	Exercise Name: _____ (20 seconds) Rest 10 seconds	2:00
6	Exercise Name: _____ (20 seconds) Rest 10 seconds	2:30
7	Exercise Name: _____ (20 seconds) Rest 10 seconds	3:00
8	Exercise Name: _____ (20 seconds) Rest 10 seconds	3:30



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
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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
---	---



Day 9

List 2 accomplishments that you are proud of.	
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.	

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
--	---



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>
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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.

BUZZER BEATER (BASKETBALL)

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’re going to pantomime basketball 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.
- Dribble the ball 5 times and pass it to your partner — that's 1 point!
- Your partner will catch the ball, dribble 5 times, and pass it 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.
- Perform 5 cross over dribbles, wrap the ball around your waist, and pass it to your partner — that's 1 point!
- You cannot use the same type of pass 2 times in a row.
- 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.
- Dribble and juke a defender, then hit a fade away jump shot — that's 1 point!
- You have 60 seconds. Ready, go!

For Giggles & Grins:

1. Make up your own Buzzer Beater challenge using a combination of basketball skills (shooting, dribbling, passing, etc.).
2. Take the game winning shot! Have your partner be the buzzer and count down: “5, 4, 3, 2, 1, errrrrrrrrrrrrrrrrr.” Hit the game winning shot at the buzzer in slow motion and celebrate like crazy (while staying 6 feet apart).
3. Get in a group of 4–6, standing 6 feet apart. Pass the ball around, Harlem Globetrotters style. Ask you instructor to play the song “Sweet Georgia Brown.”

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?

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.

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.

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.

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.

TABATA FITNESS STATIONS

Notes to instructors:

Help older students work to improve their health-related fitness and teach them an effective way to stay healthy and fit at home. The exercise routines in this packet are created using Tabata training methodology.

Tabata training was created by a Japanese scientist named Dr. Izumi Tabata. True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set. People often adjust the timing and intensity of interval workouts, but it's important to understand the history behind the method. Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

These cards are designed for students to complete individually. In group settings, we suggest you time the intervals for students and give verbal or audio cues as start and stop signals. Music is a perfect audio cue.

The first 3 cards include exercises categorized by type. The next 3 cards mix these exercises into routines. The last card is blank — use it to create your own routine or have students create routines.

As with any activity resource, it's up to you to assess the needs and abilities of the students under your supervision. Modify routines 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.

Exercises found in Darebee's Video Library: <https://darebee.com/video.html>

TABATA JACKS

Set #	Exercise Name	Interval Start
1	Exercise: Jumping Jacks (video)	0:00
	Rest 10 Seconds	
2	Exercise: Half-Jacks (video)	0:30
	Rest 10 Seconds	
3	Exercise: Side Jacks (video)	1:00
	Rest 10 Seconds	
4	Exercise: Step Jacks (video)	1:30
	Rest 10 Seconds	
5	Exercise: Jumping Jacks (video)	2:00
	Rest 10 Seconds	
6	Exercise: Split Jacks (video)	2:30
	Rest 10 Seconds	
7	Exercise: March Jacks (video)	3:00
	Rest 10 Seconds	
8	Exercise: Jumping Jacks (video)	3:30
	Rest 10 Seconds	

TABATA PLANKS

Set #	Exercise Name	Interval Start
1	Exercise: Plank Shoulder Taps (video)	0:00
	Rest 10 Seconds	
2	Exercise: Plank Arm Raises (video)	0:30
	Rest 10 Seconds	
3	Exercise: Plank Leg Raises (video)	1:00
	Rest 10 Seconds	
4	Exercise: Up & Down Planks (video)	1:30
	Rest 10 Seconds	
5	Exercise: Plank Jacks (video)	2:00
	Rest 10 Seconds	
6	Exercise: Plank Rolls (video)	2:30
	Rest 10 Seconds	
7	Exercise: Plank Climbers (video)	3:00
	Rest 10 Seconds	
8	Exercise: Plank Shoulder Taps (video)	3:30
	Rest 10 Seconds	

TABATA LEGS

Set #	Exercise Name	Interval Start
1	Exercise: Squats (video)	0:00
	Rest 10 Seconds	
2	Exercise: Squat Step-Ups (video)	0:30
	Rest 10 Seconds	
3	Exercise: Toe-Tap Hops (video)	1:00
	Rest 10 Seconds	
4	Exercise: Jumps (video)	1:30
	Rest 10 Seconds	
5	Exercise: Lunges (video)	2:00
	Rest 10 Seconds	
6	Exercise: Reverse Lunges (video)	2:30
	Rest 10 Seconds	
7	Exercise: Bounces (video)	3:00
	Rest 10 Seconds	
8	Exercise: Squats (video)	3:30
	Rest 10 Seconds	

TABATA MIX ROUTINE 1

Set #	Exercise Name	Interval Start
1	Exercise: Squats (video)	0:00
	Rest 10 Seconds	
2	Exercise: Plank Shoulder Taps (video)	0:30
	Rest 10 Seconds	
3	Exercise: Jumps (video)	1:00
	Rest 10 Seconds	
4	Exercise: Jumping Jacks (video)	1:30
	Rest 10 Seconds	
5	Exercise: Squats (video)	2:00
	Rest 10 Seconds	
6	Exercise: Plank Shoulder Taps (video)	2:30
	Rest 10 Seconds	
7	Exercise: Jumps (video)	3:00
	Rest 10 Seconds	
8	Exercise: Jumping Jacks (video)	3:30
	Rest 10 Seconds	

TABATA MIX ROUTINE 2

Set #	Exercise Name	Interval Start
1	Exercise: Half-Jacks (video)	0:00
	Rest 10 Seconds	
2	Exercise: Plank Arm Raises (video)	0:30
	Rest 10 Seconds	
3	Exercise: Lunges (video)	1:00
	Rest 10 Seconds	
4	Exercise: Plank Leg Raises (video)	1:30
	Rest 10 Seconds	
5	Exercise: Half-Jacks (video)	2:00
	Rest 10 Seconds	
6	Exercise: Plank Arm Raises (video)	2:30
	Rest 10 Seconds	
7	Exercise: Lunges (video)	3:00
	Rest 10 Seconds	
8	Exercise: Plank Leg Raises (video)	3:30
	Rest 10 Seconds	

TABATA MIX ROUTINE 3

Set #	Exercise Name	Interval Start
1	Exercise: Bounces (video)	0:00
	Rest 10 Seconds	
2	Exercise: Plank Climbers (video)	0:30
	Rest 10 Seconds	
3	Exercise: Split Jacks (video)	1:00
	Rest 10 Seconds	
4	Exercise: Reverse Lunges (video)	1:30
	Rest 10 Seconds	
5	Exercise: Bounces (video)	2:00
	Rest 10 Seconds	
6	Exercise: Plank Climbers (video)	2:30
	Rest 10 Seconds	
7	Exercise: Split Jacks (video)	3:00
	Rest 10 Seconds	
8	Exercise: Reverse Lunges (video)	3:30
	Rest 10 Seconds	

CREATE A ROUTINE

Set #	Exercise Name	Interval Start
1	Exercise:	0:00
	Rest 10 Seconds	
2	Exercise:	0:30
	Rest 10 Seconds	
3	Exercise:	1:00
	Rest 10 Seconds	
4	Exercise:	1:30
	Rest 10 Seconds	
5	Exercise:	2:00
	Rest 10 Seconds	
6	Exercise:	2:30
	Rest 10 Seconds	
7	Exercise:	3:00
	Rest 10 Seconds	
8	Exercise:	3:30
	Rest 10 Seconds	



The Plank

This exercise is definitely harder than it looks. Keep your weight on your toes and elbows.

The key to this one is keeping your back as straight as can be.

Focus on breathing in and out. Can you last 30 seconds? More?



High Knees

This is really similar to running in place.

Stand upright and run in place, bringing your knees as high as you can.

You are doing great if you can bring your knees above waist level every time!

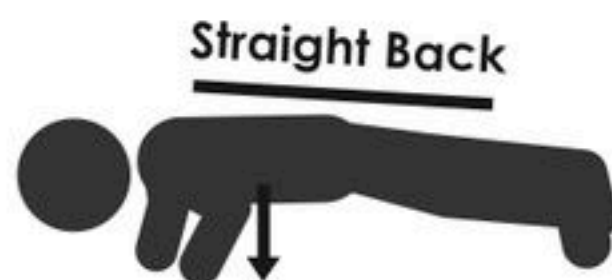


Jumping Jacks

This is the classic cardio exercise.

Count and see how many you can do in 30 seconds:

30 = You are a Jumping Jacks Master!
 35 = You are an All Star!
 40 = You are Olympic Gold Medalist!
 50 = Really? You are Galactic Diamond Medalist!



Push-ups

Lets see what you've got! This is a hard one.

Keep your back straight. Go down so that your chest barely touches the ground.

Count and see how many you can do in 30 seconds:

15 = You are a push-up Master!
 20 = You are a push-up Pirate! Rrrrr!
 30 = You are a push-up Ninja!
 40 = Really? You are the push-up President!

SELF-ASSESSMENT

NAME: _____ GRADE: _____ CLASS: _____

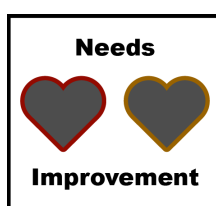
Choose the level that describes your fitness assessment and color that number of hearts in the space provided. If this is your pre-assessment, choose a level in the "Goal" column to show how much you'd like to improve your fitness assessment.

Look at these descriptions to help you decide what to draw.



Level 1:

My FITNESSGRAM® report indicates my results are a risk to my personal health.



Level 2:

My FITNESSGRAM® report indicates my results need improvement.



Level 3:

My FITNESSGRAM® report indicates my results are in the Healthy Fitness Zone!

COMPONENT	PRE	GOAL	POST
HEART HEALTH			
MUSCULAR STRENGTH & ENDURANCE			
FLEXIBILITY			
BODY HEALTH			
FITNESS KNOWLEDGE NEEDED TO IMPROVE			

PLANKING HOCKEY

STUDENT TARGETS

- **Skill:** I will demonstrate and hold the correct plank position.
- **Cognitive:** I will identify major muscles used for holding plank position.
- **Fitness:** I will discuss the connection between core strength and overall physical health.
- **Personal & Social Responsibility:** I will demonstrate safe behaviors and good sportsmanship.

TEACHING CUES

PLANK

- Elbows Below Shoulders
- Arms Straight, Not Locked
- Feet Together, Toes Down
- Legs, Back, Head Aligned

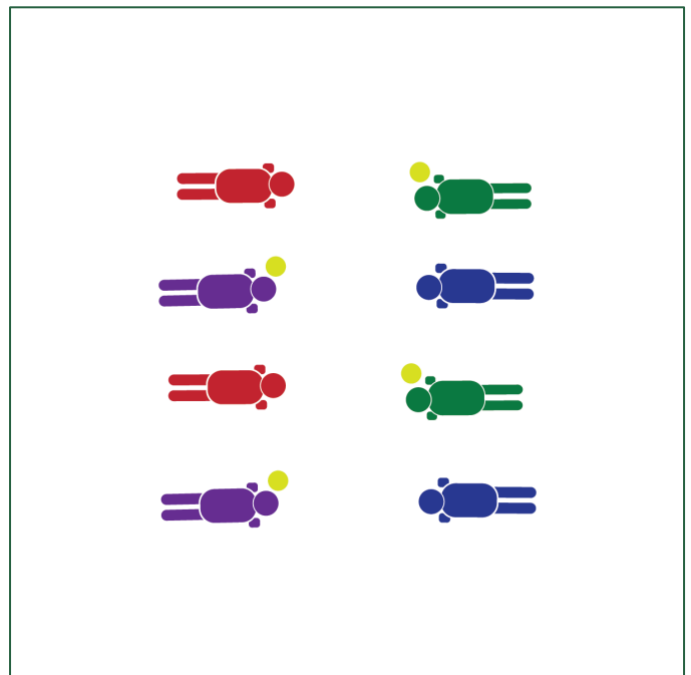
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 coated foam ball per 2 students

Set-Up:

1. Pair students, each pair with a ball.
2. Students start out facing each other in plank position with 6 feet of space between them.



Activity Procedures:

1. It's time to work on muscular fitness and endurance with Planking Hockey. The object of the activity is to score points by rolling the ball between your opponent's hands. If a point is scored, the defender must do 1 push-up and then restart play as the offense.
2. Hands must be kept shoulder-width apart. Shots on goal must roll on the floor. If the ball bounces or comes off the floor, shots do not count.
3. If the ball rolls between the hands, then a point is scored.
4. In round 1, students defending their goal must keep both hands on the floor (no defense).
5. In round 2, students can use 1 hand to defend their goal (play defense).
6. Allow students to choose full plank or modified plank position.

Grade Level Progression:

6th: Play the activity as described above.

7th–8th: Play the activity in teams with teammates in plank position side-by-side. Goals can be scored between the hands of any player on the opposite team.

PLANKING HOCKEY

UNIVERSAL DESIGN ADAPTATIONS

- Provide plank modifications and allow students to choose their level of participation.
 - Level 1: Standard plank with hands and toes as points of contact.
 - Level 2: Modified plank with hands and knees as points of contact (core firm, legs and back aligned)
 - Level 3: Table position with hands and knees as points of contact (knees at 90 degrees, upper leg perpendicular with the floor)
- This activity can be played on a raised surface, like a table or desk.

ACADEMIC LANGUAGE

Health-Related Fitness, Mental Health, Muscular Endurance, Muscular Fitness, Muscular Strength, Plank

STANDARDS & OUTCOMES ADDRESSED

- **Standard 3 [M1.6, 8]** Describes how being physically active leads to a healthy body (6); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, CV endurance, body composition) and explains the connections between fitness and overall physical and mental health (8).
- **Standard 3 [M14.6]** Identifies major muscles used in selected physical activities (6).
- **Standard 5 [M1.6-8]** Describes how being physically active leads to a healthy body (6); Identifies different types of physical activities and describes how each exerts a positive impact on health (7); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, cardiovascular endurance, and body composition) and explains the connections between fitness and overall physical and mental health (8).

DEBRIEF QUESTIONS

- **DOK 1:** What is core strength?
- **DOK 2:** What do you know about core strength?
- **DOK 3:** How is core strength related to physical health?

TEACHING STRATEGY FOCUS

Help students review content. Providing a variety of planking games and activities sets the instructional stage for content review, concept expansion, and deeper discussion as it relates to the importance of muscular fitness to enjoyable activity participation. Emphasize the importance of modifying the activity to meet the needs of all participants, as well as the progressive nature of improving personal fitness.

WARRIOR FITNESS

STUDENT TARGETS

- **Skill:** I will demonstrate correct technique and exercise form.
- **Cognitive:** I will discuss activity options for strength and endurance training.
- **Fitness:** I will discuss the connection between fitness and physical health.
- **Personal & Social Responsibility:** I will demonstrate sportsmanship and cooperation.

TEACHING CUES

- Focus on Form
- Heart Rate Up
- Spirit of the Game

ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of cards per 4 teams
- Warrior Fitness Exercise Chart

Set-Up:

1. Create 4–8 equal teams, depending on the number of card decks available.
2. Two teams will compete head-to-head using half a deck of cards. (In other words, split 1 deck in half to accommodate 2 games.)

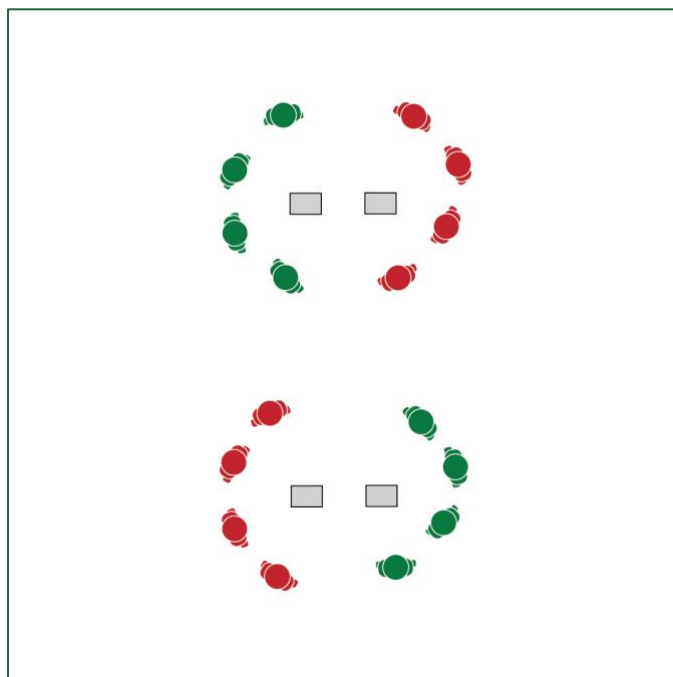
Activity Procedures:

1. It's time for Warrior Fitness. This adds a fitness twist to the classic card game of War.
2. Each team will receive 13 cards to start the game. A team representative will draw the first card from the top of their card pile.
3. Teams will then compare cards. The highest card value wins, and the winner keeps both cards.
4. Face cards rank in order from Jack to King, with Aces acting as the highest-value cards in the deck.
5. If teams draw matching cards (e.g., the queen of hearts and the queen of spades), this is considered a war. Teams will then draw and compare the next card from the pile. The winning card then gets to keep all cards in play.
6. After each draw, the sum of both (or all) cards is determined, and both teams will perform that number of repetitions for a designated exercise. For example, if a 3 and a 5 were the cards drawn, all players will perform 8 jumping jacks (or another designated exercise).
7. Play for a set amount of time. If a team gains possession of all 26 cards, shuffle, deal, and restart the game.

Grade Level Progression:

6th: Play the activity as described above.

7th–8th: For homework, or during class time, challenge students to create a variety of Warrior Fitness exercise charts with a focus on specific components of both health- or skill-related fitness.



WARRIOR FITNESS

UNIVERSAL DESIGN ADAPTATIONS

- Pair students who may have difficulty with the activity rules with peer coaches to help facilitate game play.

ACADEMIC LANGUAGE

Cooperation, Endurance Training, Exercise Form, Fitness, Sportsmanship, Strength Training, Technique

STANDARDS & OUTCOMES ADDRESSED

- **Standard 3 [M3.6-7]** Participates in a variety of aerobic fitness activities such as cardio kick, step aerobics, and/or aerobic dance (6); Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, bodyweight training, and/or light freeweight training (7).
- **Standard 5 [M1.6-8]** Describes how being physically active leads to a healthy body (6); Identifies different types of physical activities and describes how each exerts a positive impact on health (7); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, cardiovascular endurance, and body composition) and explains the connections between fitness and overall physical and mental health (8).

DEBRIEF QUESTIONS

- **DOK 1:** How can you recognize an activity or exercise that works to build muscular fitness (strength training)?
- **DOK 1:** How can you recognize an activity or exercise that works to improve aerobic capacity?
- **DOK 2:** How would you compare and contrast these 2 types of exercises?
- **DOK 3:** What facts would you select to support the importance of including both types of activities in a fitness routine/plan?

TEACHING STRATEGY FOCUS

Help students examine similarities and differences. Understanding the similarities and differences between the various components of fitness is essential knowledge required for students as they work toward developing personal fitness and activity plans. Take time to repeat this process in order to examine all components of health- and skill-related fitness.

PLANKING SLAM BALL

STUDENT TARGETS

- **Skill:** I will demonstrate and hold the correct plank position.
- **Cognitive:** I will identify the major muscles used for holding plank position.
- **Fitness:** I will discuss the connection between core strength and overall physical health.
- **Personal & Social Responsibility:** I will demonstrate safe behaviors and good sportsmanship.

TEACHING CUES

PLANK

- Elbows Below Shoulders
- Arms Straight, Not Locked
- Feet Together, Toes Down
- Legs, Back, Head Aligned

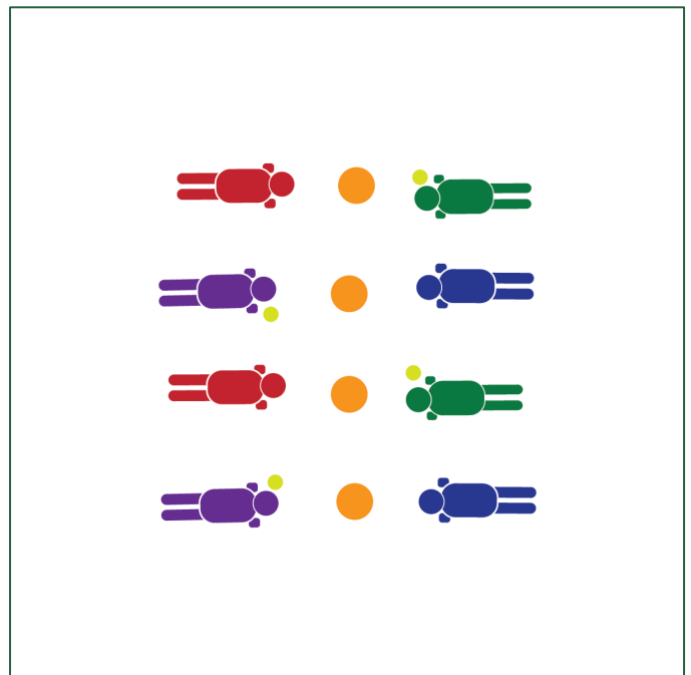
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 large spot marker per 2 players
- 1 tennis-sized ball (or Spikeball®) per 2 players

Set-Up:

1. Pair students.
2. Paired players face each other in plank position with a spot marker between them, approximately 2–3 feet from each player.
3. 1 player from each pair begins with the ball.



Activity Procedures:

1. Today we're going to work on upper body and core strength by playing Slam Ball in plank position. (See OPEN's [Elementary Instant Activities](#) for the traditional Slam Ball activity.)
2. The object of Slam Ball is to successfully throw and catch the ball using the spot marker as a target.
3. When I say, "GO!" the first player throws the ball at the spot marker. The second player attempts to catch it. This continues until the ball is not caught.
4. Scoring:
 - a. Ball does not hit inside the spot marker (point for receiving player)
 - b. Ball hits the spot marker, but is not within reach of the receiver (point for receiving player)
 - c. Ball hits the spot marker and bounces over the head of the receiver (point for receiving player)
 - d. Ball is catchable, but is not successfully caught by receiving player (point for serving player)

Grade Level Progression:

6th: Play the activity as described above.

7th–8th: Increase/decrease the size of the spot and/or the distance students are positioned from the spot.

PLANKING SLAM BALL

UNIVERSAL DESIGN ADAPTATIONS

- Provide plank modifications and allow students to choose their level of participation.
 - Level 1: Standard plank with hands and toes as points of contact.
 - Level 2: Modified plank with hands and knees as points of contact (core firm, legs and back aligned)
 - Level 3: Table position with hands and knees as points of contact (knees at 90 degrees, upper leg perpendicular with the floor)

ACADEMIC LANGUAGE

Health-Related Fitness, Mental Health, Muscular Endurance, Muscular Fitness, Muscular Strength, Plank

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DEBRIEF QUESTIONS

- **DOK 1:** Let's create a list of the muscles used for holding plank position.
- **DOK 2:** What did you notice about your performance as you continued to hold plank position?
- **DOK 3:** How can you adapt this activity to help improve other components of fitness?

TEACHING STRATEGY FOCUS

Help students engage in cognitively complex tasks. Exploring the muscles engaged in planking games is a great way to provide immediate relevance to physical activity and exercise. Showing students the connection between games and activities and their own bodies can connect student learning and help inspire student interest in exercise science and biomechanics.

ACTIVITY GOALS

- I will demonstrate cooperation and positive communication while creating a group dance.

ACTIVITY SET-UP & PROCEDURE

Equipment:

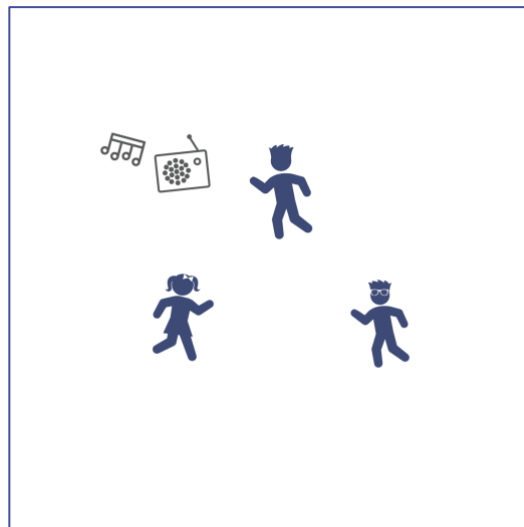
- Dance Cards
- Upbeat, fun music and music player

Set-Up:

1. Create a safe space large enough to dance with friends.
2. Get your music ready!

TEACHING TIPS

- Stay Inside Boundaries
- Blindfolds are Optional
- Think Safety First



Activity Procedures:

1. It's time for a dance party!!! You're going to make this party ROCK by creating your very own dance.
2. You'll create a dance for 8 counts (beats) using the Dance Card to give you movement ideas.
3. Now it's time to practice! Start the music and let everyone perform their dance moves at the same time!
4. Then, let's put our moves together. First, your friend will perform her/his dance for 8 counts. Next, you'll take a turn and perform yours. Continue through all of your friends' moves.
5. Next, teach each other your dance moves, put them in a sequence and then complete the entire dance all together! Keep the music pumping and dance!

Tips:

- Practice counting 8 beats by clapping and counting to aloud to the music. Next, jump up and down while counting aloud to the music. Finally, jump up and down for 8 counts, clap for 8 counts, and then repeat until everyone understands how to count 8 beats of music.

- **Healthy Lifestyle:** Remember to eat at least 5 portions of fruit and veggies every day! It's easier than it sounds. Why not slice some banana over your breakfast cereal or reach for a piece of fresh fruit for your mid-morning snack?! Keep in mind, unsweetened 100% fruit juice, vegetable juice, and smoothies can only count as 1 of your 5 servings each day. For example, if you have 2 glasses of fruit juice and a glass of vegetable juice, that still only counts as 1 serving of fruit and veggies. Limit the amount of juice you drink; eat fresh fruits and drink water instead.

ACTIVITY GOALS

- I will perform exercises with perfect form and at a safe speed.

TEACHING TIPS

- Use Proper Form
- Pace Your Movement
- Have Fun!

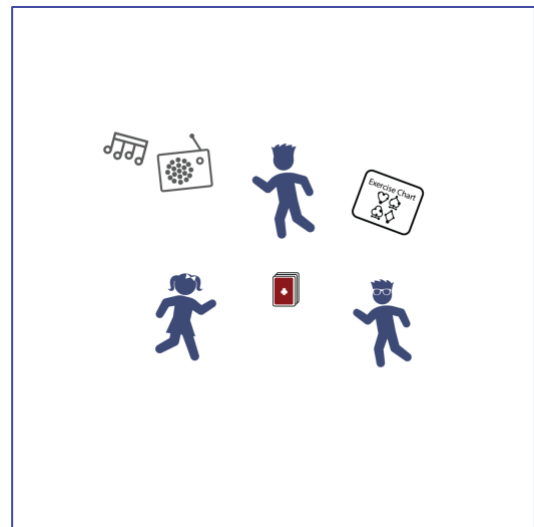
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of cards
- Fun music and music player

Set-Up:

1. Shuffle and place the deck of cards face down where everyone can reach it.
2. Create an exercise chart using the list shown under the “Tips” section below. (It’s okay to modify your chart using different exercises.)



Activity Procedures:

1. Today’s friendly competition is Deck of Fitness. The object of the game is to do as many repetitions as you can of each exercise.
2. When you draw a card, you’ll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
3. Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.
4. In round 1, you and your friends will play together and select 1 card for everyone to perform. In round 2, you can compete: Everyone will choose their own card and complete their own repetitions/exercises.

Tips:

- Make sure you pace your activity safely. Don’t give up form for the sake of speed.
- Be sure you have enough activity space for safe movement.
- Follow this format, or create your own:
 - Hearts = Jumping Jacks
 - Clubs = Push-Ups
 - Diamonds = Invisible Jump Rope Jumps
 - Spades = Squats

- **Hydration Station:** Be sure to stay hydrated before, during, and after exercising. Water has zero calories and is the best way to stay hydrated!