

**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
<b>My Learning Goals</b>	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.
<b>Today's Vocabulary</b>	<b>SOCIAL INTERACTION</b> An exchange of communication between two or more individuals.	<b>ACTIVELY ENGAGED</b> To participate in an activity while showing genuine interest and a desire for excellence.	<b>CHALLENGING</b> Difficult in a way that tests one's abilities and knowledge.	<b>RESPECT</b> A feeling of deep admiration for someone due to their abilities, qualities, or achievements	<b>PERSEVERE</b> To continue along a course of action in the face of difficulty.
<b>Warm-Up Activity</b>	<a href="#">Live Long</a> (Darebee)	<a href="#">Permission Granted</a> (Darebee)	<a href="#">Live Long</a> (Darebee)	<a href="#">Permission Granted</a> (Darebee)	Choice
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">Rock, Paper, Scissor Games</a> Perform the following stations: Basic RPS Victory Lap RPS	<b>Activity 2:</b> <a href="#">Rock, Paper, Scissor Games</a> Perform the following stations: Victory Dance RPS Balance Pose RPS	<b>Activity 4:</b> <a href="#">Rock, Paper, Scissor Games</a> Perform the following station: Strong, Stretch, Sweat	<b>Activity 5:</b> <a href="#">Rock, Paper, Scissor Games</a> Perform any two RPS activities included in the packet.	<b>Activity 5:</b> <a href="#">Rock, Paper, Scissor Games</a> Get creative. Either modify 1 of the RPS activities provided or create a RPS game.
<b>Daily Movement Activity</b>	<a href="#">Good Morning</a> (Darebee)	<a href="#">Good Morning</a> (Darebee)	<a href="#">Good Morning</a> (Darebee)	<a href="#">Good Morning</a> (Darebee)	<a href="#">Good Morning</a> (Darebee)
<b>Refocus</b>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>



# AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

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?	  	  	  	  	  