

ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 SOCIAL DISTANCING (Shadow Sports)
 Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

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



AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?					