
















ACTIVE HOME PHYSICAL EDUCATION: ROUNDNET/VOLLEYING MIDDLE SCHOOL

Complete the activities on this chart using the links provided. 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 coordinate my body movements to complete consecutive hits.	I will show effort while completing pentathlon challenges.	I will control my body movements to complete individual skills and drills.	I will refine my roundnet self-passing skills.	I will challenge myself to improve my self-passing skills.
Today's Vocabulary	COORDINATION The ability to synchronize or combine the movements of several parts of the body.	EFFORT The amount of determination or exertion used to accomplish a goal.	CONTROL To manage or regulate the movement or actions of something.	REFINE To improve something by making small, incremental changes.	CHALLENGE Something that presents difficulty and requires effort to master or achieve.
Warm-Up Activity	The Extra Mile (Darebee)	White Rabbit (Darebee)	Rascal (Darebee)	Burn Off (Darebee)	You choose your favorite warm-up from the week.
Learning Focus Activity	Activity 1: Self-Passing Challenges Card Using a small ball or sock ball. Can you complete the Junior Varsity Level? Passing Cues	Activity 2: Individual Passing Pentathlon Using a small ball or sock ball. Can you complete all five challenges (Day 1)? Passing Cues	Activity 3: Roundnet Tabata Using a small ball or sock ball. Can you alternate between roundnet passing and Tabata drills? Passing Cues	Activity 4: Self-Passing Challenges Card Using a small ball or sock ball. Can you complete the Varsity Level? Passing Cues	Activity 5: Individual Passing Pentathlon Using a small ball or sock ball. Can you complete all five challenges (Day 2)? Passing Cues
Daily Movement Activity	1-Min Cardio (Darebee)	1-Min Cardio (Darebee)	1-Min Cardio (Darebee)	1-Min Cardio (Darebee)	1-Min Cardio (Darebee)
Mindfulness	Relax 5-Min Guide (2bpresent)	7-11 Breathing (2bpresent)	Relax 5-Min Guide (2bpresent)	7-11 Breathing (2bpresent)	Relax 5-Min Guide (2bpresent)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?



AT-HOME PHYSICAL EDUCATION
Weekly Plan for Students and Families

How am I feeling today?	  	  	  	  	  
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