

Week 4 Home Learning Middle School PE
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 can demonstrate coordination when objects cascade from the air.	I can cope with challenges of juggling by persevering.	I can focus on the objects as they pass in front of my eyes.	I can show grit by working hard to complete circus art tasks.	I can 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?	  	  	  	  	  

