

## 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
<b>My Learning Goals</b>	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>
<b>Today's Vocabulary</b>	<b>COOPERATION</b> The process of working together for a common goal or outcome.	<b>SOCIAL INTERACTION</b> The way that people relate and respond to each other when in pairs or groups.	<b>ENCOURAGEMENT</b> Support, confidence, or hope offered by someone or some event.	<b>TEAMWORK</b> The combined action and effort of a group of people working toward a goal or purpose.	<b>ETIQUETTE</b> The set of customary or acceptable behaviors among members of a group or in a specific setting.
<b>Warm-Up Activity</b>	<a href="#">I Like to Move It</a> (GoNoodle)	<a href="#">Pump It Up</a> (GoNoodle)	<a href="#">Dynamite</a> (GoNoodle)	<a href="#">Blast Off</a> (GoNoodle)	<a href="#">Hit the Ball Y'all</a> (GoNoodle)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">Shadow Sports</a> Perform the following station: <b>Soccer</b>	<b>Activity 2:</b> <a href="#">Shadow Sports</a> Perform the following station: <b>Volleyball</b>	<b>Activity 3:</b> <a href="#">Shadow Sports</a> Perform the following station: <b>Tennis</b>	<b>Activity 4:</b> <a href="#">Shadow Sports</a> Perform the following station: <b>Baseball</b>	<b>Activity 5:</b> <a href="#">Shadow Sports</a> Perform the following station: <b>Football</b>
<b>Daily Movement Activity</b>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>
<b>Refocus</b>	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)
<b>Did I log my total activity time?</b>	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
<b>How am I feeling today?</b>	  	  	  	  	  