

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