**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.

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|  | **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.*In the past 4 weeks, how have we positively coped with a challenge?* | 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](https://darebee.com/pdf/workouts/live-long-workout.pdf)(Darebee) | [Permission Granted](https://darebee.com/pdf/workouts/permission-granted-workout.pdf)(Darebee) | [Live Long](https://darebee.com/pdf/workouts/live-long-workout.pdf)(Darebee) | [Permission Granted](https://darebee.com/pdf/workouts/permission-granted-workout.pdf)(Darebee) | Choice |
| **Learning Focus Activity** | **Activity 1:**[Rock, Paper, Scissor Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW02-RPSGameStationspdf.pdf)Perform the following stations:Basic RPSVictory Lap RPS | **Activity 2:**[Rock, Paper, Scissor Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW02-RPSGameStationspdf.pdf)Perform the following stations:Victory Dance RPSBalance Pose RPS | **Activity 4:**[Rock, Paper, Scissor Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW02-RPSGameStationspdf.pdf)Perform the following station:Strong, Stretch, Sweat | **Activity 5:** [Rock, Paper, Scissor Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW02-RPSGameStationspdf.pdf)Perform any two RPS activities included in the packet. | **Activity 5:** [Rock, Paper, Scissor Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW02-RPSGameStationspdf.pdf)Get creative. Either modify 1 of the RPS activities provided or create a RPS game. |
| **Daily Movement Activity** | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) |
| **Refocus** | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) |
| **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?** |  |  |  |  |  |