**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.  *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 RPS  Victory 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 RPS  Balance 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?** |  |  |  |  |  |