### 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.

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My Learning Goals</strong></td>
<td><strong>My Learning Goals</strong></td>
<td><strong>My Learning Goals</strong></td>
<td><strong>My Learning Goals</strong></td>
<td><strong>My Learning Goals</strong></td>
</tr>
<tr>
<td>I will cooperate with my family member and follow the rules of Shadow Sports.</td>
<td>I will have a positive social interaction by using kind and helpful words during Shadow Sports.</td>
<td>I will give my family member encouragement during Shadow Sports using supportive words and phrases.</td>
<td>I will demonstrate teamwork by following the non-verbal cues of my family members as we play Shadow Sports.</td>
<td>I will discuss the etiquette of shadow sports with my family members. What behaviors help build a fun and positive learning environment?</td>
</tr>
<tr>
<td><strong>Today's Vocabulary</strong></td>
<td><strong>Today's Vocabulary</strong></td>
<td><strong>Today's Vocabulary</strong></td>
<td><strong>Today's Vocabulary</strong></td>
<td><strong>Today's Vocabulary</strong></td>
</tr>
<tr>
<td>COOPERATION The process of working together for a common goal or outcome.</td>
<td>SOCIAL INTERACTION The way that people relate and respond to each other when in pairs or groups.</td>
<td>ENcouragement Support, confidence, or hope offered by someone or some event.</td>
<td>TEAMWORK The combined action and effort of a group of people working toward a goal or purpose.</td>
<td>ETIQUETTE The set of customary or acceptable behaviors among members of a group or in a specific setting.</td>
</tr>
<tr>
<td><strong>Warm-Up Activity</strong></td>
<td><strong>Warm-Up Activity</strong></td>
<td><strong>Warm-Up Activity</strong></td>
<td><strong>Warm-Up Activity</strong></td>
<td><strong>Warm-Up Activity</strong></td>
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<tr>
<td>I Like to Move It (GoNoodle)</td>
<td>Pump It Up (GoNoodle)</td>
<td>Dynamite (GoNoodle)</td>
<td>Blast Off (GoNoodle)</td>
<td>Hit the Ball Y'all (GoNoodle)</td>
</tr>
<tr>
<td><strong>Learning Focus Activity</strong></td>
<td><strong>Learning Focus Activity</strong></td>
<td><strong>Learning Focus Activity</strong></td>
<td><strong>Learning Focus Activity</strong></td>
<td><strong>Learning Focus Activity</strong></td>
</tr>
<tr>
<td>Activity 1: Shadow Sports Perform the following station: Soccer</td>
<td>Activity 2: Shadow Sports Perform the following station: Volleyball</td>
<td>Activity 3: Shadow Sports Perform the following station: Tennis</td>
<td>Activity 4: Shadow Sports Perform the following station: Baseball</td>
<td>Activity 5: Shadow Sports Perform the following station: Football</td>
</tr>
<tr>
<td><strong>Daily Movement Activity</strong></td>
<td><strong>Daily Movement Activity</strong></td>
<td><strong>Daily Movement Activity</strong></td>
<td><strong>Daily Movement Activity</strong></td>
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<tr>
<td>DEAM Calendar</td>
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<td><strong>Refocus</strong></td>
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<tr>
<td>Live In The Moment (GoNoodle)</td>
<td>Chin Up (GoNoodle)</td>
<td>Live In The Moment (GoNoodle)</td>
<td>Chin Up (GoNoodle)</td>
<td>Live In The Moment (GoNoodle)</td>
</tr>
<tr>
<td><strong>Did I log my total activity time?</strong></td>
<td><strong>Did I log my total activity time?</strong></td>
<td><strong>Did I log my total activity time?</strong></td>
<td><strong>Did I log my total activity time?</strong></td>
<td><strong>Did I log my total activity time?</strong></td>
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<td>YES or NO?</td>
<td>YES or NO?</td>
<td>YES or NO?</td>
<td>YES or NO?</td>
<td>YES or NO?</td>
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<tr>
<td><strong>How am I feeling today?</strong></td>
<td><strong>How am I feeling today?</strong></td>
<td><strong>How am I feeling today?</strong></td>
<td><strong>How am I feeling today?</strong></td>
<td><strong>How am I feeling today?</strong></td>
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</tbody>
</table>

For more physical education resources and activity ideas for your family visit OPENPhysEd.org
SHADOW BALL STATIONS

Notes to instructors:

Shadow Ball is an age-old pastime that was made popular by the Harlem Globetrotters. Players pantomimed passing, catching, and shooting an invisible basketball.

The artistry and creativity of the Globetrotters was so convincing and entertaining that fans would arrive early just to watch the Shadow Ball routine. Goose Tatum, a former member of the Harlem Globetrotters basketball team, is credited with the creation of the “Magic Circle” — a trademark ball-handling routine that’s performed at the beginning of all Harlem Globetrotters games.

As with any game or activity resource, it is up to you to assess the needs and abilities of the students under your supervision. Modify the game as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each activity to the group before allowing students to work independently in stations.

Every page includes a reminder to practice safe social distancing. All of the games in this packet were designed to allow students to remain a minimum of 6 feet apart and DO NOT require them to use or share equipment.
Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

BUZZER BEATER (BASKETBALL)

Game Set-up:
- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you’re going to pantomime basketball skills with your partner.

Bronze Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Dribble the ball 5 times and pass it to your partner — that’s 1 point!
- Your partner will catch the ball, dribble 5 times, and pass it back to you — that’s another point!
- You have 60 seconds. Ready, go!

Silver Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Perform 5 cross over dribbles, wrap the ball around your waist, and pass it to your partner — that’s 1 point!
- You cannot use the same type of pass 2 times in a row.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Dribble and juke a defender, then hit a fade away jump shot — that’s 1 point!
- You have 60 seconds. Ready, go!

For Giggles & Grins:
1. Make up your own Buzzer Beater challenge using a combination of basketball skills (shooting, dribbling, passing, etc.).
2. Take the game winning shot! Have your partner be the buzzer and count down: “5, 4, 3, 2, 1, errrrrrrrrrrrrrrrrrrrrrrrrr.” Hit the game winning shot at the buzzer in slow motion and celebrate like crazy (while staying 6 feet apart).
3. Get in a group of 4–6, standing 6 feet apart. Pass the ball around, Harlem Globetrotters style. Ask you instructor to play the song “Sweet Georgia Brown.”
Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

GOOOOOALLLLL (SOCCER)

Game Set-up:
• Find a partner. Keep 6 feet apart while talking and playing.
• Play Rock, Paper, Scissor to see who goes first.
• Remember, you have a “shadow ball” — you are going to pantomime soccer skills with your partner.

Bronze Medal Challenge:
• The objective is for you and your partner to score as many points as possible in 60 seconds.
• Do 5 toe taps on top of the ball and then pass the ball to your partner — that’s 1 point!
• Your partner MUST trap the ball, do 5 toe taps on top of the ball, and then pass it back — that’s another point!
• You have 60 seconds. Ready, go!

Silver Medal Challenge:
• The objective is for you and your partner to score as many points as possible in 60 seconds.
• Toss the ball in the air, juggle the ball 3 times with your head, and head the ball to your partner — that’s 1 point!
• Your partner juggles the ball on their head three times, then heads it back to you — that’s another point!
• You have 60 seconds. Ready, go!

Gold Medal Challenge:
• The objective is for you and your partner to score as many points as possible in 60 seconds.
• Juggle the ball 5 times without using the same body part twice in a row and pass to your partner — that’s 1 point!
• You have 60 seconds. Ready, go!

For Giggles & Grins:
1. Make up your own GOOOOALLLLL challenge using a combination of soccer skills (shooting, dribbling, passing, etc.).
2. Take the game winning penalty kick. Have your partner be the goalkeeper. Hit the game winning penalty kick in slow motion. Celebrate like crazy (while staying 6 feet apart).
3. Once touch group juggle. Get in a group of 4–6, standing 6 feet apart. Call someone’s name and pass the ball to them. They call another person’s name and pass the ball. How many successful call-and-passes can you make in a row?
DIG THIS (VOLLEYBALL)

Game Set-up:
- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime volleyball skills with your partner.

Bronze Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Using a forearm pass (bump), pass the ball back and forth. Score a point each time the ball is passed.
- Variation: Set the ball back and forth.
- You have 60 seconds. Ready, go!

Silver Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Volley the ball to your partner with a forearm pass, and your partner will set the ball back to you. Score a point each time the ball is forearm-passed.
- After 5 volleys, switch roles.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Serve the ball to your partner. Your partner will set or bump the ball back. Then jump up and spike it! Earn a point for every spike.
- Switch roles after every point. You have 60 seconds. Ready, go!

For Giggles & Grins:
1. Make up your own Dig This challenge using a combination of volleyball skills (bumping, serving, setting spiking, etc.).
2. Serve the final point. In slow motion, jump-serve an ace (a match-winning point) to your partner. Celebrate and blow kisses to your fans.
GRAND SLAM (TENNIS)

Game Set-up:
- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime tennis skills with your partner.

Bronze Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Using a forearm stroke, volley the ball back and forth. (Remember to let the ball hit the ground first.)
- Score a point each time the ball is struck.
- You have 60 seconds. Ready, go!

Silver Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Serve the ball to your partner and call “forehand” or “backhand.” You partner will return the ball using the stroke you called. They return and volley the ball back to you, calling the stroke you must use to return it.
- Score a point each time the ball is struck.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- You have a ball, and your partner has a racquet. Your partner stands in the middle of a 6-foot zone (divided in half).
- Toss the ball to one side of the 6-foot zone. Your partner will quickly move and volley the ball back.
- Toss another ball to the other side of the zone. Your partner will to quickly move and volley the ball back.
- Repeat 10 times, then switch roles. Score a point for every volley. You have 60 seconds. Ready, go!

For Giggles & Grins:
1. Make up your own Grand Slam challenge using a combination of tennis skills (serve, forearm, backhand, etc.).
2. Serve the final point. In slow motion, crush a serve (a match winning point) to your partner. Celebrate, throw your racquet in the air, fall to your knees, and ham it up for the cameras.
WALK-OFF HOMER (BASEBALL)

Game Set-up:
- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime baseball and softball skills with your partner.

Bronze Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Throw a ground ball. Your partner will field it and throw it back to you before you count to 3 — that’s 1 point!
- Challenge: Make your partner move 3 feet to the side to field the grounder. Do this 5 times and reverse roles.
- You have 60 seconds. Ready, go!

Silver Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Hit a pop fly ball. Your partner will catch it and throw it back to you — that’s 1 point!
- Challenge: Make your partner move 3 feet to the side to catch the fly ball. Do this 5 times and reverse roles.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- You are the batter, and your partner is the pitcher. Your partner will pitch a ball. Whack it far into the outfield.
- Run around all the bases (set 6 feet apart) and touch home before your partner counts to 5 — that’s 1 point!
- Switch roles after every point. You have 60 seconds. Ready, go!

For Giggles & Grins:
1. Make up your own Walk-off Homer challenge using a combination of baseball and softball skills (pitching, hitting, fielding, catching, etc.).
2. Hit the walk-off game-winning home run. In slow motion, your partner will pitch. Crush one over the center field fence. Run around the bases triumphantly.
**DOWN, SET, HUT (FOOTBALL)**

**Game Set-up:**
- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime football skills with your partner.

**Bronze Medal Challenge:**
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Throw a touchdown pass to your partner — that’s 1 point!
- Your partner will catch the ball and throw a touchdown pass back to you — that’s another point!
- You have 60 seconds. Ready, go!

**Silver Medal Challenge:**
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- To score a point: Hike the ball to your partner and run a 6-foot pass route. Your partner will pass the ball to you. Make a move and run back to where you hiked the ball to your partner.
- Repeat 5 times and change roles.
- You have 60 seconds. Ready, go!

**Gold Medal Challenge:**
- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Punt the ball into the air to yourself and catch it. While running in place, juke to one side, juke to the other, spin, hurdle a defender, and then lateral the ball to your partner. Your partner punts the ball into the air and repeats.
- Score 1 point for each lateral. You have 60 seconds. Ready, go!

**For Giggles & Grins:**
1. Make up your own Down, Set, Hut challenge using a combination of football skills (hiking, catching, passing, etc.).
2. Touchdown Dance Challenge: Have a contest to see who can come up with the best touchdown dance. For extra fun, do all the touchdown dances in slow motion.
**Purpose:**
This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

<table>
<thead>
<tr>
<th>#</th>
<th>Done</th>
<th>Day</th>
<th>DEAM Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>✓</td>
<td>1</td>
<td>Spring into Action: Find someone to do 20 jumping jacks with you.</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>2</td>
<td>Say your math facts while doing reverse lunges.</td>
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<tr>
<td>3</td>
<td></td>
<td>3</td>
<td>Take a walk.</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>4</td>
<td>Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>5</td>
<td>Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</td>
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<tr>
<td>6</td>
<td></td>
<td>6</td>
<td>Help a neighbor or friend with some spring cleaning!</td>
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<tr>
<td>7</td>
<td></td>
<td>7</td>
<td>Do as many trunk-lifts as you can.</td>
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<tr>
<td>8</td>
<td></td>
<td>8</td>
<td>Spring into Action: Find 2 people. Do 30 jumping jacks together.</td>
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<tr>
<td>9</td>
<td></td>
<td>9</td>
<td>Do push-up shoulder taps while reciting your spelling words.</td>
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<td>10</td>
<td></td>
<td>10</td>
<td>Take a walk.</td>
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<tr>
<td>11</td>
<td></td>
<td>11</td>
<td>Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.</td>
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<tr>
<td>12</td>
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<td>12</td>
<td>Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</td>
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<tr>
<td>13</td>
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<td>13</td>
<td>Using an old container, gather soil, and plant flowers seeds.</td>
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<td>14</td>
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<td>14</td>
<td>Do as many squats as you can.</td>
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<td>15</td>
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<td>15</td>
<td>Spring into Action: Find 3 people. Do 40 jumping jacks together.</td>
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<tr>
<td>16</td>
<td></td>
<td>16</td>
<td>Perform squat-jumps while naming the continents.</td>
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<td>17</td>
<td></td>
<td>17</td>
<td>Take a walk.</td>
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<tr>
<td>18</td>
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<td>18</td>
<td>Did you know donuts have ~280 calories? Jog in place for a 280 count.</td>
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<tr>
<td>19</td>
<td></td>
<td>19</td>
<td>Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</td>
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<tr>
<td>20</td>
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<td>20</td>
<td>Get 60 minutes of MVPA. You choose how!</td>
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<tr>
<td>21</td>
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<td>21</td>
<td>Do as many push-ups as you can.</td>
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<tr>
<td>22</td>
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<td>22</td>
<td>Spring into Action: Find 4 people. Do 50 jumping jacks together.</td>
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<tr>
<td>23</td>
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<td>23</td>
<td>Read a book while doing a wall sit.</td>
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<td>24</td>
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<td>24</td>
<td>Take a walk.</td>
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<tr>
<td>25</td>
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<td>25</td>
<td>Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!</td>
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<tr>
<td>26</td>
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<td>26</td>
<td>Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</td>
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<tr>
<td>27</td>
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<td>27</td>
<td>Invent a game and try it out!</td>
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<tr>
<td>28</td>
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<td>28</td>
<td>Do as many curl-ups as you can.</td>
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<tr>
<td>29</td>
<td></td>
<td>29</td>
<td>Spring into Action: Find 5 people! Do 60 jumping jacks together.</td>
</tr>
<tr>
<td>30</td>
<td></td>
<td>30</td>
<td>Spring into Action: Find someone to do 20 jumping jacks with you.</td>
</tr>
</tbody>
</table>

**Please Remember**
- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.