# ACTIVE HOME PHYSICAL EDUCATION: CIRCUS ARTS HIGH SCHOOL

Complete the activity with a friend or family member. Don’t forget to log your daily physical activity time.

<table>
<thead>
<tr>
<th>My Learning Goals</th>
<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>I will demonstrate coordination when objects cascade from the air.</td>
<td>I will cope with challenges of juggling by persevering.</td>
<td>I will focus on the objects as they pass in front of my eyes.</td>
<td>I will show grit by working hard to complete circus art tasks.</td>
<td>I will demonstrate coordination during my juggling workout.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Today’s Vocabulary</th>
<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>CASCADE</strong> To fall downward rapidly.</td>
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<td></td>
<td></td>
<td><strong>JUGGLE</strong> To continuously toss a number of objects into the air and catch them.</td>
</tr>
<tr>
<td><strong>COPE</strong> To deal with or work through something difficult.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>GRIT</strong> Courage, resolve, strength of character.</td>
</tr>
<tr>
<td><strong>FOCUS</strong> To pay close attention to someone or something.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>GRIT</strong> Courage, resolve, strength of character.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Warm-Up Activity</th>
<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>Face the Day</strong> (Darebee)</td>
<td><strong>Coordinator</strong> (Darebee)</td>
<td><strong>Face the Day</strong> (Darebee)</td>
<td><strong>Lockdown</strong> (Darebee)</td>
<td><strong>The Final Bell</strong> (Darebee)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Learning Focus Activity</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
</tr>
</thead>
</table>
| **Activity 1:** Scarf Juggling  
Part 1: You can use grocery bags, scarfs, long socks  
Practice each activity for 5 mins. | **Activity 2:** Scarf Juggling  
Part 2: You can use grocery bags, scarfs, long socks  
Practice each activity for 5 mins. | **Activity 3:** Advanced Juggling  
Part 1: You can use sock balls, paper plates, water bottles.  
**Advanced Juggling Tutorial**  
Or Practice Activity 1 | **Activity 4:** Advanced Juggling  
Part 2: You can use sock balls, paper plates, water bottles.  
**Advanced Juggling Tutorial**  
Or Practice Activity 2 | **Activity 5:** You choose the level that you feel comfortable with performing and attempt a personal record. Keep making attempts for 20 mins. |

<table>
<thead>
<tr>
<th>Daily Movement Activity</th>
<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>Full Body Stretch</strong> (Darebee)</td>
<td><strong>Finish Line</strong> (Darebee)</td>
<td><strong>Full Body Stretch</strong> (Darebee)</td>
<td><strong>Finish Line</strong> (Darebee)</td>
<td><strong>Full Body Stretch</strong> (Darebee)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mindfulness</th>
<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>7-11 Breathing</strong> (2bpresent)</td>
<td><strong>Relax 5-Min Guide</strong> (2bpresent)</td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Did You Complete the Fitness Log?</th>
<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>Yes or No</strong></td>
<td><strong>Yes or No</strong></td>
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<td><strong>Yes or No</strong></td>
<td><strong>Yes or No</strong></td>
<td><strong>Yes or No</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How am I feeling today?</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
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</thead>
<tbody>
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</tbody>
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For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](http://OPENPhysEd.org)
# 2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks. Have an adult sign their initials next to each day that you complete 30 minutes.

## Week 1:

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sample Day</td>
<td>Active Outside 30 Mins</td>
<td>Walk with Family 15 Mins</td>
<td>Dance Challenge 15 minutes</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Day 1</td>
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<td>Day 2</td>
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<td>Day 3</td>
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<td>Day 4</td>
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<td>Day 5</td>
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<tr>
<td>Day 6</td>
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<tr>
<td>Day 7</td>
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</tbody>
</table>

## Week 2:

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
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<td>Day 2</td>
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<td>Day 3</td>
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<td>Day 4</td>
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<td>Day 5</td>
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<td>Day 6</td>
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<tr>
<td>Day 7</td>
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</table>
SCARF / BALL JUGGLING IN 3 LEVELS OF PRACTICE

Level 1: One Object (Toss-Catch)
- Begin with the object in your right hand.
- Toss it in a high arc so that it passes in front of your face (or higher) and comes down to be caught in your left hand.
- Now, repeat that tossing pattern from your left to your right hand.
- Continue practicing this (back and forth) for 3 to 5 minutes.

Level 2: Two Objects (Toss-Toss-Catch-Catch)
- Begin with one object in each hand.
- Toss the right object as you did in Level 1.
- Next, toss the left object up and under the right object.
- Catch first with your left hand, and then catch with your right hand. The objects should have switched hands.
- Continue practicing this (toss-toss-catch-catch) for 5 minutes.

IMPORTANT TIP
* Toss the objects high and in an arc to the opposite hands. This gives you more time to track and catch each one.
** If you are left-handed, begin with a toss from your left hand.

Level 3: Three Objects
- Start with one object in your left hand and two objects in your right hand.
- It helps to hold each object between your different fingers so you can release them one at a time. For example, hold one object between your thumb and index finder, and the other between your index and middle finger.
- The first toss must be from your right hand. Release one object in the same high arc you’ve been using from level 1.
- Next, toss the object from your left hand up and under as you did in level 2. As you bring your left hand back into starting position, catch the object cascading down on that side.
- At the same time, toss the third object up and under the second object.
- Repeat the catching/tossing figure-8 pattern to continue your juggling sequence. Keep practicing!
- If you need to, go back to level 2 to refresh the up-and-under toss-toss-catch-catch pattern.

IMPORTANT TIP: If you are left-handed, begin with two objects in your left hand.

Growth Mindset *(noun)* A belief that abilities can be developed through dedication and hard work; raw talent and common knowledge are just starting points.
FACE the DAY

hold each pose for 20 seconds
change sides and repeat the sequence again

hold each for 5 seconds
repeat the sequence 5 times

5 quick exhalations

hold the pose for 20 seconds
hold the pose for 20 seconds
hold the pose for 60 seconds

DAREBEE WORKOUT
@ darebee.com
8 lunge twists
8 balance side lunges
8 balance swings

8 alt arm/leg raises
8 plank knee-to-elbows
8 side plank knee-to-elbow

8 forward/back taps
8 dead bugs
8 cross reach sit-ups
JOURNEYMAN

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets  LEVEL II 5 sets  LEVEL III 7 sets  REST up to 2 minutes

10 reverse lunges  20 shoulder taps  10 plank rotations
10 reverse lunges  20 shoulder taps  10 climber taps
10 reverse lunges  20 shoulder taps  10 back extensions
WORKOUT
BY DAREBEE
© darebee.com
Repeat 5 times in total.
Up to 2 minutes rest between sets.

10 knee-to-elbows
10 step jacks
10 reverse lunges

20 shoulder taps
20 side shoulder taps
20 raised arm circles
The Final Bell

Level I: 3 sets  
Level II: 5 sets  
Level III: 7 sets  
Rest up to 2 minutes

- 20 punches
- 10 uppercuts
- 20 punches
- 10 hooks
- 20 punches
- 10 hooks
- 20 punches
- 10 uppercuts
- 20 punches
full body stretch

40 seconds each exercise.

neck stretch

shoulder stretch

tricep stretch

pelvic stretch

quad stretch

forward bend
FINISH LINE

UNIVERSAL COOLDOWN
BY DAREBEE
© darebee.com

20 sec stretch  20 sec stretch  20 sec stretch  20 sec stretch  20 sec stretch

30 sec side leg raises + 30 sec hold
change sides and repeat

30 sec leg raises + 30 sec hold
change sides and repeat

20 sec reach  20 sec stretch  20 sec stretch  20 sec stretch  20 sec stretch