**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.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will demonstrate coordination when objects cascade from the air. | I will cope with challenges of juggling by persevering. | I will focus on the objects as they pass in front of my eyes. | I will show girt by working hard to complete circus art tasks. | I will demonstrate coordination during my juggling workout. |
| **Today’s Vocabulary** | **CASCADE**  To fall downward rapidly. | **COPE**  To deal with or work through something difficult. | **FOCUS**  To pay close attention to someone or something. | **GRIT**  Courage, resolve, strength of character. | **JUGGLE**  To continuously toss a number of objects into the air and catch them. |
| **Warm-Up Activity** | [Face the Day](https://darebee.com/workouts/face-the-day-workout.html)  (Darebee) | [Coordinator](https://darebee.com/workouts/coordinator-workout.html)  (Darebee) | [Face the Day](https://darebee.com/workouts/face-the-day-workout.html)  (Darebee) | [Lockdown](https://darebee.com/workouts/lockdown-workout.html)  (Darebee) | [The Final Bell](https://darebee.com/workouts/final-bell-workout.html)  (Darebee) |
| **Learning Focus Activity** | **Activity 1:**  [Scarf Juggling](https://openphysed.org/wp-content/uploads/2020/04/AX-XMSHS-Learn2JuggleSheet.pdf)  Part 1:  You can use grocery bags, scarfs, long socks  Practice each activity for 5 mins.  [Scarf Juggling Tutorial](http://www.viewpure.com/4aHcmUAWo7I) | **Activity 2:**  [Scarf Juggling](https://openphysed.org/wp-content/uploads/2020/04/AX-XMSHS-Learn2JuggleSheet.pdf)  Part 2:  You can use grocery bags, scarfs, long socks  Practice each activity for 5 mins.  [Scarf Juggling Tutorial](http://www.viewpure.com/4aHcmUAWo7I) | **Activity 3:**  [Advanced Juggling](https://openphysed.org/wp-content/uploads/2020/04/AX-XMSHS-Learn2JuggleSheet.pdf)  Part 1:  You can use sock balls, paper plates, water bottles.  [Advanced Juggling Tutorial](http://www.viewpure.com/x2_j6kMg1co)  Or  Practice Activity 1 | **Activity 4:**  [Advanced Juggling](https://openphysed.org/wp-content/uploads/2020/04/AX-XMSHS-Learn2JuggleSheet.pdf)  Part 2:  You can use sock balls, paper plates, water bottles.  [Advanced Juggling Tutorial](http://www.viewpure.com/x2_j6kMg1co)  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. |
| **Daily Movement Activity** | [Full Body Stretch](https://darebee.com/workouts/fullbody-stretch-workout.html) (Darebee) | [Finish Line](https://darebee.com/workouts/finish-line-workout.html)  (Darebee) | [Full Body Stretch](https://darebee.com/workouts/fullbody-stretch-workout.html) (Darebee) | [Finish Line](https://darebee.com/workouts/finish-line-workout.html)  (Darebee) | [Full Body Stretch](https://darebee.com/workouts/fullbody-stretch-workout.html) (Darebee) |
| **Mindfulness** | [7-11 Breathing](https://youtu.be/sFP65kZBtaQ)  (2bpresent) | [Relax 5-Min Guide](https://youtu.be/lUJ3nl7N35Q)  (2bpresent) | [7-11 Breathing](https://youtu.be/sFP65kZBtaQ)  (2bpresent) | [Relax 5-Min Guide](https://youtu.be/lUJ3nl7N35Q)  (2bpresent) | [Relax 5-Min Guide](https://youtu.be/lUJ3nl7N35Q)  (2bpresent) |
| **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?** |  |  |  |  |  |