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

<table>
<thead>
<tr>
<th>Warm-Up Activity</th>
<th>Rookie (Darebee)</th>
<th>Journeyman (Darebee)</th>
<th>Me Time (Darebee)</th>
<th>Lockdown (Darebee)</th>
<th>The Final Bell (Darebee)</th>
</tr>
</thead>
</table>

|------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|

<table>
<thead>
<tr>
<th>Daily Movement Activity</th>
<th>Everyday Yoga (Darebee)</th>
<th>Twist &amp; Fold (Darebee)</th>
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<th>Twist &amp; Fold (Darebee)</th>
<th>Everyday Yoga (Darebee)</th>
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</thead>
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<tr>
<th>Mindfulness</th>
<th>7-11 Breathing (2bpresent)</th>
<th>Relax 5-Min Guide (2bpresent)</th>
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<th>Relax 5-Min Guide (2bpresent)</th>
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<tr>
<th>Did You Complete the Fitness Log?</th>
<th>Yes or No</th>
<th>Yes or No</th>
<th>Yes or No</th>
<th>Yes or No</th>
<th>Yes or No</th>
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</table>

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<thead>
<tr>
<th>How am I feeling today?</th>
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<th>😞 😞 😞</th>
<th>😞 😞 😞</th>
<th>😞 😞 😞</th>
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For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](#)
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.
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>
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<tr>
<td>Day 1</td>
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<td>Day 2</td>
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<td>Day 5</td>
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<td>Day 6</td>
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<td>Day 7</td>
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**Week 2:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
<th>Total</th>
</tr>
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<tbody>
<tr>
<td>Day 1</td>
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<td>Day 7</td>
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ROOKIE

DAREBEE WORKOUT © darebee.com

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

10 step jacks  4 lunges  20 chest expansions

10 step jacks  4 lunges  20 raised arm circles

10 step jacks  4 lunges  20 shoulder taps
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
ME TIME

DAREBEE HIIT WORKOUT @darebee.com

Level I  3 sets  Level II  5 sets  Level III  7 sets  |  2 minutes rest

20sec punches  20sec raised arm circles  20sec punches  20sec knee-to-elbows  20sec punches  20sec knee-to-elbows

20sec punches  20sec side jacks  20sec punches
LOCK DOWN

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

DAREBEE WORKOUT © darebee.com

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
EVERYDAY YOGA

DAREBEE WORKOUT © darebee.com

Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.

- deep lunge with twist
- downward dog
- upward dog
- cat pose
- cow pose
- pigeon pose
twist & fold

DAREBEE WORKOUT © darebee.com

Hold each move for 20 seconds.

crescent lunge  extended side angle  revolved side angle

bent downward-facing dog  into  downward-facing dog

seated twist  camel pose  forward fold