**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.

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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** | [Rookie](https://darebee.com/workouts/rookie-workout.html)(Darebee) | [Journeyman](https://darebee.com/workouts/journeyman-workout.html)(Darebee) | [Me Time](https://darebee.com/workouts/me-time-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 socksPractice 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 socksPractice each activity for 5 mins.[Scarf Juggling Tutorial](http://www.viewpure.com/4aHcmUAWo7I) | **Activity 3:**[Scarf Juggling](https://openphysed.org/wp-content/uploads/2020/04/AX-XMSHS-Learn2JuggleSheet.pdf)Part 1 or 2:You can use grocery bags, scarfs, long socksPractice each activity for 5 mins.[Scarf Juggling Tutorial](http://www.viewpure.com/4aHcmUAWo7I) | **Activity 4:**Advanced Juggling 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 5:** Advanced Juggling Part 2:You can use sock balls, paper plates, water bottles.[Advanced Juggling Tutorial](http://www.viewpure.com/x2_j6kMg1co)Or Practice Activity 2 |
| **Daily Movement Activity** | [Everyday Yoga](https://darebee.com/workouts/everyday-yoga-workout.html)(Darebee) | [Twist & Fold](https://darebee.com/workouts/twist-and-fold-workout.html)(Darebee) | [Everyday Yoga](https://darebee.com/workouts/everyday-yoga-workout.html)(Darebee) | [Twist & Fold](https://darebee.com/workouts/twist-and-fold-workout.html)(Darebee) | [Everyday Yoga](https://darebee.com/workouts/everyday-yoga-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?** |  |  |  |  |  |