**ACTIVE HOME PHYSICAL EDUCATION: GRADES K-2 Social Distancing (Charade Games)**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will cooperate with my family member and follow the rules of Charades. | I will make my learning environment fun by using positive words with my family members. | I will take turns with my family member during Animal Charades. | I will demonstrate responsible play by following rules and completing all physical education tasks. | I will follow directions and complete the warm-up, movie charades game and refocus activity. |
| **Today’s Vocabulary** | **Cooperation**  The process of working together for a common goal or outcome. | **Learning Environment**  Any physical location where students gain knowledge or skill. | **Take Turns**  When two or more people do or use something alternately. | **Responsibility**  The state of having a duty or obligation. | **Follow Directions**  To act according to a sequence of instructions in order to reach a goal or finish a task. |
| **Warm-Up Activity** | [All Star](https://family.gonoodle.com/activities/all-star)  (GoNoodle) | [Twist & Shout](https://family.gonoodle.com/activities/twist-n-shout)  (GoNoodle) | [You Are](https://family.gonoodle.com/activities/you-are-what-you-eat)  [What You Eat](https://family.gonoodle.com/activities/you-are-what-you-eat)  (GoNoodle) | [Zap It](https://family.gonoodle.com/activities/zap-it)  (GoNoodle) | [Banana Banana Meatball](https://family.gonoodle.com/activities/banana-banana-meatball)  (GoNoodle) |
| **Learning Focus Activity** | **Activity 1:**  [Charade Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW03-CharadeGameStationspdf.pdf)  Perform the following station:  **Letter Charades** | **Activity 2:**  [Charade Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW03-CharadeGameStationspdf.pdf)  Perform the following station:  **Word Charades** | **Activity 3:**  [Charade Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW03-CharadeGameStationspdf.pdf)  Perform the following station:  **Animal Charades** | **Activity 4:**  [Charade Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW03-CharadeGameStationspdf.pdf)  Perform the following station:  **Sports Charades** | **Activity 5:**  [Charade Games](https://openphysed.org/wp-content/uploads/2020/03/MMNOW03-CharadeGameStationspdf.pdf)  Perform the following station:  **Movie Charades** |
| **Daily Movement Activity** | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) | [DEAM Calendar](https://openphysed.org/wp-content/uploads/2018/09/04-CAL-DEAM-April-Final.pdf) |
| **Refocus** | [Live In The Moment](https://family.gonoodle.com/activities/live-in-the-moment)  (GoNoodle) | [Chin Up](https://family.gonoodle.com/activities/chin-up)  (GoNoodle) | [Live In The Moment](https://family.gonoodle.com/activities/live-in-the-moment)  (GoNoodle) | [Chin Up](https://family.gonoodle.com/activities/chin-up)  (GoNoodle) | [Live In The Moment](https://family.gonoodle.com/activities/live-in-the-moment)  (GoNoodle) |
| **Did I log my total activity time?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** |
| **How am I feeling today?** |  |  |  |  |  |