**Extended At-Home Learning: Menu 5**

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

***Directions: Follow the plan for each day. To access a link, make sure to hold the Ctrl button on your computer when you click on the link.***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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?** |  |  |  |  |  |