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

**PHYSICAL EDUCATION: 3-5 Social Distancing (Shadow Sports)**

***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.***

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|  | **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 Shadow Sports. | I will have a positive social interaction by using kind and helpful words during Shadow Sports. | I will give my family member encouragement during Shadow Sports using supportive words and phrases. | I will demonstrate teamwork by following the non-verbal cues of my family members as we play Shadow Sports. | I will discuss the etiquette of shadow sports with my family members. *What behaviors help build a fun and positive learning environment?* |
| **Today’s Vocabulary** | **Cooperation**  The process of working together for a common goal or outcome. | **Social Interaction**  The way that people relate and respond to each other when in pairs or groups. | **Encouragement**  Support, confidence, or hope offered by someone or some event. | **Teamwork**  The combined action and effort of a group of people working toward a goal or purpose. | **Etiquette**  The set of customary or acceptable behaviors among members of a group or in a specific setting. |
| **Warm-Up Activity** | [I Like to Move It](https://family.gonoodle.com/activities/i-like-to-move-it)  (GoNoodle) | [Pump It Up](https://family.gonoodle.com/activities/pump-it-up)  (GoNoodle) | [Dynamite](https://family.gonoodle.com/activities/dynamite)  (GoNoodle) | [Blast Off](https://family.gonoodle.com/activities/blast-off)  (GoNoodle) | [Hit the Ball Y’all](https://family.gonoodle.com/activities/hit-the-ball-yall)  (GoNoodle) |
| **Learning Focus Activity** | **Activity 1:**  [Shadow Sports](https://openphysed.org/wp-content/uploads/2020/03/MMNOW05-ShadowSportspdf.pdf)  Perform the following station:  **Soccer** | **Activity 2:**  [Shadow Sports](https://openphysed.org/wp-content/uploads/2020/03/MMNOW05-ShadowSportspdf.pdf)  Perform the following station:  **Volleyball** | **Activity 3:**  [Shadow Sports](https://openphysed.org/wp-content/uploads/2020/03/MMNOW05-ShadowSportspdf.pdf)  Perform the following station:  **Tennis** | **Activity 4:**  [Shadow Sports](https://openphysed.org/wp-content/uploads/2020/03/MMNOW05-ShadowSportspdf.pdf)  Perform the following station:  **Baseball** | **Activity 5:**  [Shadow Sports](https://openphysed.org/wp-content/uploads/2020/03/MMNOW05-ShadowSportspdf.pdf)  Perform the following station:  **Football** |
| **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?** |  |  |  |  |  |