

**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
<b>My Learning Goals</b>	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.
<b>Today's Vocabulary</b>	<b>COOPERATION</b> The process of working together for a common goal or outcome.	<b>LEARNING ENVIRONMENT</b> Any physical location where students gain knowledge or skill.	<b>TAKE TURNS</b> When two or more people do or use something alternately.	<b>RESPONSIBILITY</b> The state of having a duty or obligation.	<b>FOLLOW DIRECTIONS</b> To act according to a sequence of instructions in order to reach a goal or finish a task.
<b>Warm-Up Activity</b>	<a href="#">All Star</a> (GoNoodle)	<a href="#">Twist &amp; Shout</a> (GoNoodle)	<a href="#">You Are What You Eat</a> (GoNoodle)	<a href="#">Zap It</a> (GoNoodle)	<a href="#">Banana Banana Meatball</a> (GoNoodle)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">Charade Games</a> Perform the following station: <b>Letter Charades</b>	<b>Activity 2:</b> <a href="#">Charade Games</a> Perform the following station: <b>Word Charades</b>	<b>Activity 3:</b> <a href="#">Charade Games</a> Perform the following station: <b>Animal Charades</b>	<b>Activity 4:</b> <a href="#">Charade Games</a> Perform the following station: <b>Sports Charades</b>	<b>Activity 5:</b> <a href="#">Charade Games</a> Perform the following station: <b>Movie Charades</b>
<b>Daily Movement Activity</b>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>
<b>Refocus</b>	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)	<a href="#">Chin Up</a> (GoNoodle)	<a href="#">Live In The Moment</a> (GoNoodle)
<b>Did I log my total activity time?</b>	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
<b>How am I feeling today?</b>	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞