OPEN®

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 (GoNoodle)	Twist & Shout (GoNoodle)	You Are What You Eat (GoNoodle)	Zap It (GoNoodle)	Banana Banana Meatball (GoNoodle)
Learning Focus Activity	**Activity 1:** Charade Games Perform the following station: **Letter Charades**	**Activity 2:** Charade Games Perform the following station: **Word Charades**	**Activity 3:** Charade Games Perform the following station: **Animal Charades**	**Activity 4:** Charade Games Perform the following station: **Sports Charades**	**Activity 5:** Charade Games Perform the following station: **Movie Charades**
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	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?	😀 😜 🙁	😀 😜 🙁	😀 😜 🙁	😀 😜 🙁	😀 😜 🙁

For more physical education resources and activity ideas for your family visit OPENPhysEd.org