



ACTIVE HOME PHYSICAL EDUCATION: CIRCUS ARTS HIGH SCHOOL

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 demonstrate coordination when objects cascade from the air.	I will cope with challenges of juggling by persevering.	I will focus on the objects as they pass in front of my eyes.	I will show grit by working hard to complete circus art tasks.	I will demonstrate coordination during my juggling workout.
Today's Vocabulary	CASCADE To fall downward rapidly.	COPE To deal with or work through something difficult.	FOCUS To pay close attention to someone or something.	GRIT Courage, resolve, strength of character.	JUGGLE To continuously toss a number of objects into the air and catch them.
Warm-Up Activity	Face the Day (Darebee)	Coordinator (Darebee)	Face the Day (Darebee)	Lockdown (Darebee)	The Final Bell (Darebee)
Learning Focus Activity	Activity 1: Scarf Juggling Part 1: You can use grocery bags, scarfs, long socks Practice each activity for 5 mins. Scarf Juggling Tutorial	Activity 2: Scarf Juggling Part 2: You can use grocery bags, scarfs, long socks Practice each activity for 5 mins. Scarf Juggling Tutorial	Activity 3: Advanced Juggling Part 1: You can use sock balls, paper plates, water bottles. Advanced Juggling Tutorial Or Practice Activity 1	Activity 4: Advanced Juggling Part 2: You can use sock balls, paper plates, water bottles. Advanced Juggling Tutorial Or Practice Activity 2	Activity 5: You choose the level that you feel comfortable with performing and attempt a personal record. Keep making attempts for 20 mins.
Daily Movement Activity	Full Body Stretch (Darebee)	Finish Line (Darebee)	Full Body Stretch (Darebee)	Finish Line (Darebee)	Full Body Stretch (Darebee)
Mindfulness	7-11 Breathing (2bpresent)	Relax 5-Min Guide (2bpresent)	7-11 Breathing (2bpresent)	Relax 5-Min Guide (2bpresent)	Relax 5-Min Guide (2bpresent)
Did You Complete the Fitness Log?	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No
How am I feeling today?					



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.
Have an adult sign their initials next to each day that you complete 30 minutes.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	<i>Active Outside 30 Mins</i>	<i>Walk with Family 15 Mins</i>	<i>Dance Challenge 15 minutes</i>	<i>60 minutes</i>
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

SCARF / BALL JUGGLING IN 3 LEVELS OF PRACTICE

Level 1: One Object (Toss-Catch)

- Begin with the object in your right hand.
- Toss it in a high arc so that it passes in front of your face (or higher) and comes down to be caught in your left hand.
- Now, repeat that tossing pattern from your left to your right hand.
- Continue practicing this (back and forth) for 3 to 5 minutes.



Level 2: Two Objects (Toss-Toss-Catch-Catch)

- Begin with one object in each hand.
- Toss the right object as you did in Level 1.
- Next, toss the left object up and under the right object.
- Catch first with your left hand, and then catch with your right hand. The objects should have switched hands.
- Continue practicing this (toss-toss-catch-catch) for 5 minutes.



IMPORTANT TIP

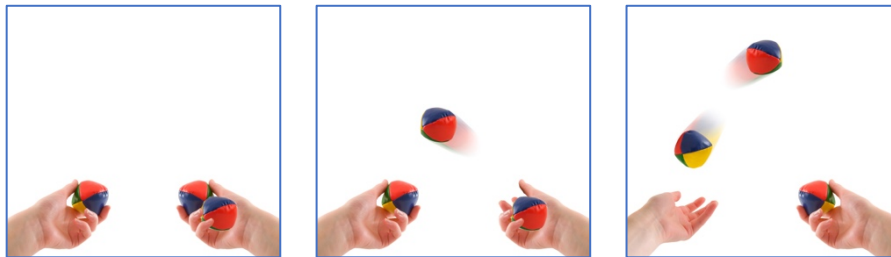
- * Toss the objects high and in an arc to the opposite hands. This gives you more time to track and catch each one.
- ** If you are left-handed, begin with a toss from your left hand.



Level 3: Three Objects

- Start with one object in your left hand and two objects in your right hand.
- It helps to hold each object between your different fingers so you can release them one at a time. For example, hold one object between your thumb and index finger, and the other between your index and middle finger.
- The first toss must be from your right hand. Release one object in the same high arc you've been using from level 1.
- Next, toss the object from your left hand up and under as you did in level 2. As you bring your left hand back into starting position, catch the object cascading down on that side.
- At the same time, toss the third object up and under the second object.
- Repeat the catching/tossing figure-8 pattern to continue your juggling sequence. Keep practicing!
- If you need to, go back to level 2 to refresh the up-and-under toss-toss-catch-catch pattern.

IMPORTANT TIP: If you are left-handed, begin with two objects in your left hand.



Growth Mindset (*noun*) A belief that abilities can be developed through dedication and hard work; raw talent and common knowledge are just starting points.

FACE the DAY

DAREBEE
WORKOUT
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hold each pose for 20 seconds
change sides and repeat the sequence again



hold each for 5 seconds
repeat the sequence 5 times

5 quick exhalations



**hold the pose
for 20 seconds**



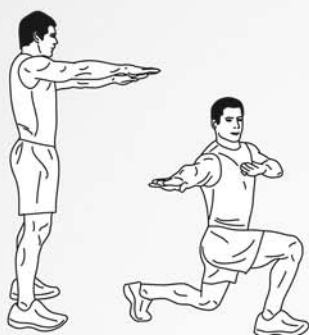
**hold the pose
for 20 seconds**



**hold the pose
for 60 seconds**

COORDINATOR

DAREBEE WORKOUT @ darebee.com



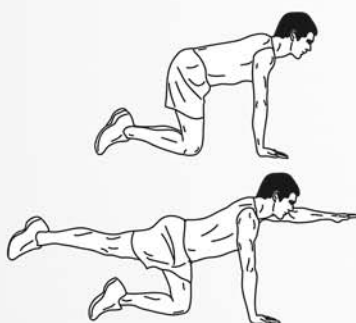
8 lunge twists



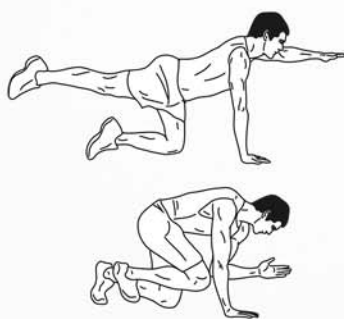
8 balance side lunges



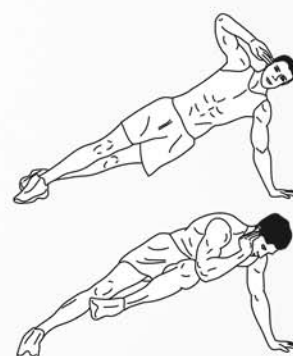
8 balance swings



8 alt arm/leg raises



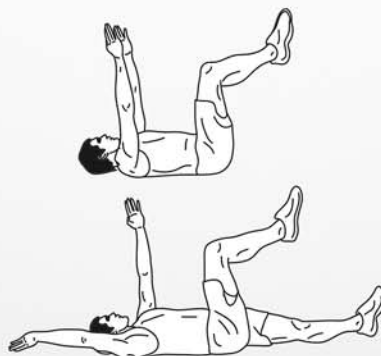
8 plank knee-to-elbows



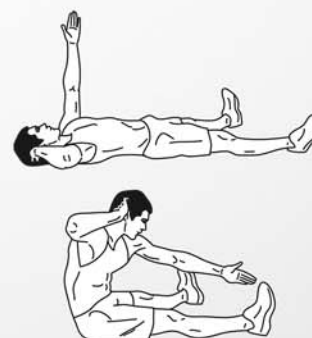
8 side plank knee-to-elbow



8 forward/back taps



8 dead bugs



8 cross reach sit-ups

JOURNEYMAN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 reverse lunges



20 shoulder taps



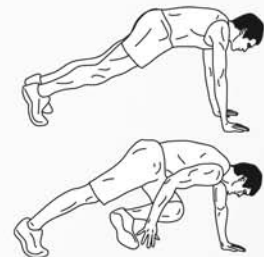
10 plank rotations



10 reverse lunges



20 shoulder taps



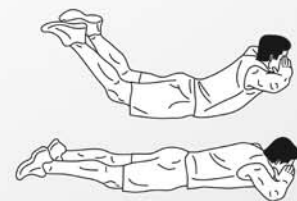
10 climber taps



10 reverse lunges



20 shoulder taps



10 back extensions

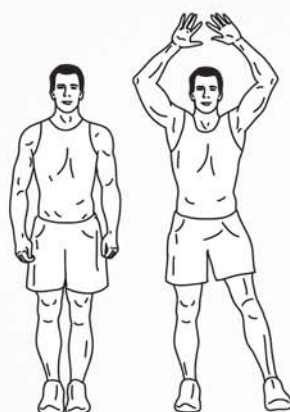
LOCK DOWN

WORKOUT
BY DAREBEE
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Repeat 5 times in total.
Up to 2 minutes rest
between sets.



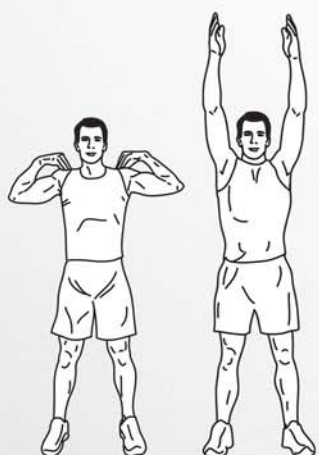
10 knee-to-elbows



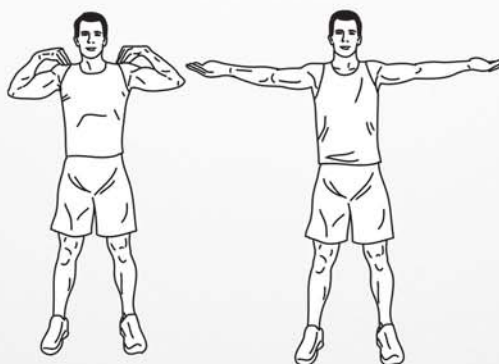
10 step jacks



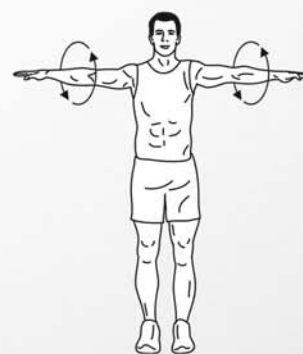
10 reverse lunges



20 shoulder taps



20 side shoulder taps

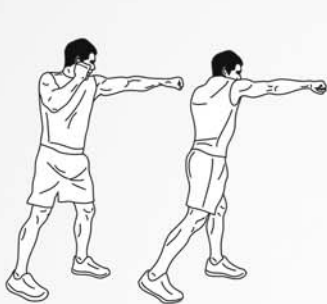


20 raised arm circles

#FINAL BELL

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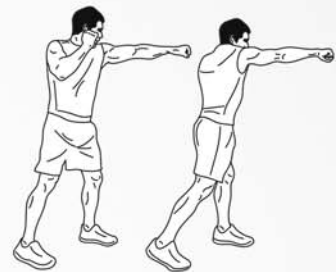
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



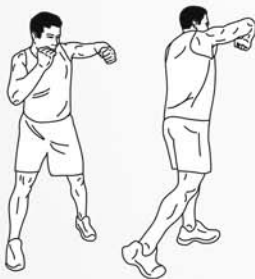
20 punches



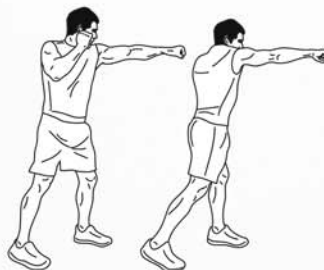
10 uppercuts



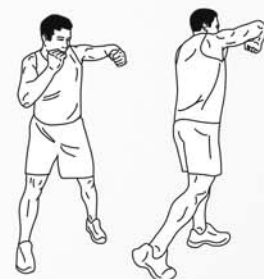
20 punches



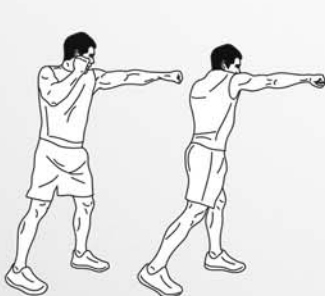
10 hooks



20 punches



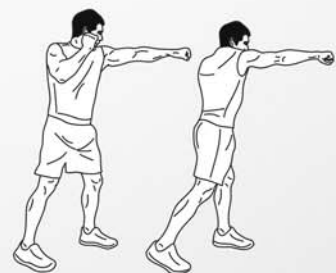
10 hooks



20 punches



10 uppercuts



20 punches

full body *stretch*

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40 seconds
each exercise.



neck stretch



shoulder stretch



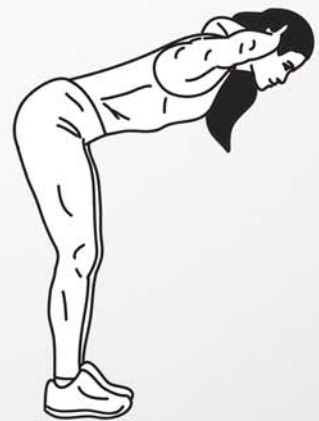
tricep stretch



pelvic stretch



quad stretch



forward bend

FINISH LINE

UNIVERSAL COOLDOWN
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20sec stretch



20sec stretch



20sec stretch



20sec stretch



20sec stretch



30sec side leg raises + 30sec hold
change sides and repeat



30sec leg raises + 30sec hold
change sides and repeat



20sec reach



20sec stretch



20sec stretch



20sec stretch



20sec stretch