



WINTER BREAK LEARNING PACKET

PHYSICAL EDUCATION

**7TH GRADE
STUDENT**

DEC 22ND – JAN 5TH

DEPARTMENT OF CURRICULUM & INSTRUCTION

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AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

ACTIVE HOME PHYSICAL EDUCATION: ROUNDNET/VOLLEYING HIGH SCHOOL

Complete the activities on this chart using the links provided. 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 coordinate my body movements to complete consecutive hits.	I will show effort while completing pentathlon challenges.	I will control my body movements to complete individual skills and drills.	I will refine my roundnet self-passing skills.	I will challenge myself to improve my self-passing skills.
Today's Vocabulary	COORDINATION The ability to synchronize or combine the movements of several parts of the body.	EFFORT The amount of determination or exertion used to accomplish a goal.	CONTROL To manage or regulate the movement or actions of something.	REFINE To improve something by making small, incremental changes.	CHALLENGE Something that presents difficulty and requires effort to master or achieve.
Warm-Up Activity	The Extra Mile (Darebee)	White Rabbit (Darebee)	Rascal (Darebee)	Burn Off (Darebee)	You choose your favorite warm-up from the week.
Learning Focus Activity	Activity 1: Self-Passing Challenges Card Using a small ball or sock ball. Can you complete the Junior Varsity Level? Passing Cues	Activity 2: Individual Passing Pentathlon Using a small ball or sock ball. Can you complete all five challenges (Day 1)? Passing Cues	Activity 3: Roundnet Tabata Using a small ball or sock ball. Can you alternate between roundnet passing and Tabata drills? Passing Cues	Activity 4: Self-Passing Challenges Card Using a small ball or sock ball. Can you complete the Varsity Level? Passing Cues	Activity 5: Individual Passing Pentathlon Using a small ball or sock ball. Can you complete all five challenges (Day 2)? Passing Cues
Daily Movement Activity	1-Min Cardio (Darebee)	1-Min Cardio (Darebee)	1-Min Cardio (Darebee)	1-Min Cardio (Darebee)	1-Min Cardio (Darebee)
Mindfulness	Relax 5-Min Guide (2bpresent)	7-11 Breathing (2bpresent)	Relax 5-Min Guide (2bpresent)	7-11 Breathing (2bpresent)	Relax 5-Min Guide (2bpresent)
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](https://openphysed.org)

THE EXTRA MILE

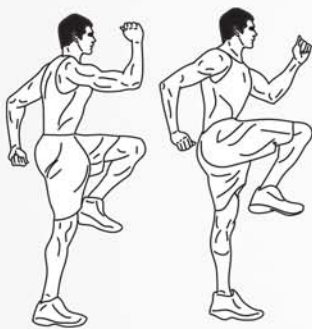
DAREBEE WORKOUT
© darebee.com

Level I 3 sets

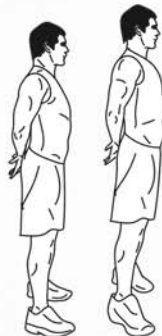
Level II 5 sets

Level III 7 sets

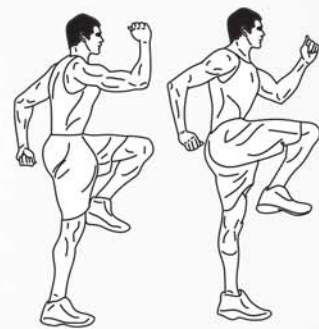
2 minutes rest



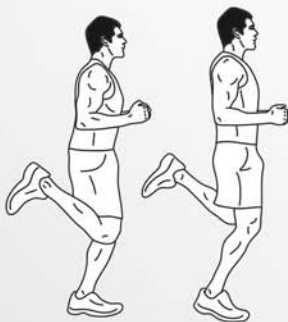
20 march steps



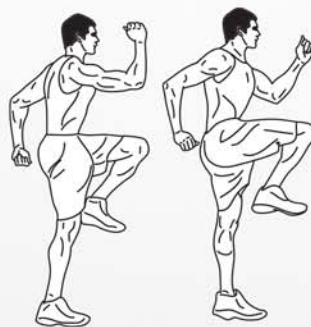
10 calf raises



20 march steps



20 butt kicks



20 march steps



20 high knees

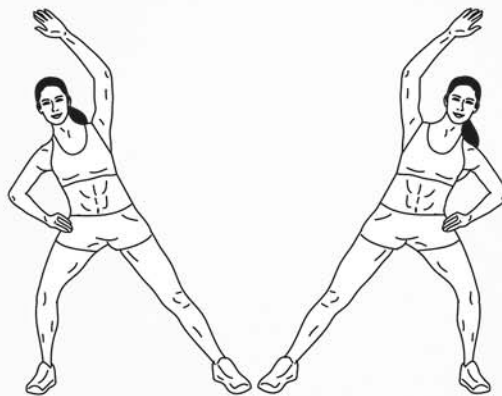
white rabbit

DAREBEE WORKOUT @ darebee.com

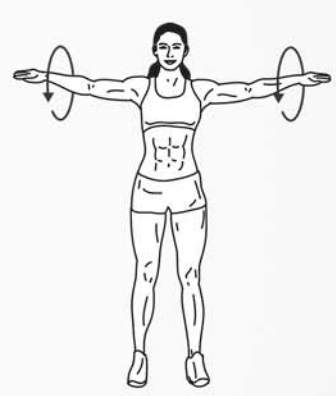
5 sets in total | 2 minutes rest between sets



20 raised arm circles



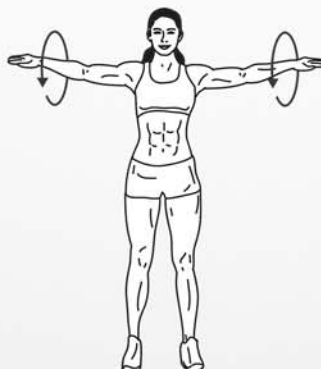
20 side jacks



20 raised arm circles



20 march steps



20 raised arm circles



20 march steps

Rascal

DAREBEE WORKOUT @ darebee.com

5 sets | 2 minutes rest between sets



10 high knees

2 jumping lunges

10 high knees

2 jumping lunges

10 high knees

2 jumping lunges

10 high knees

2 jumping lunges

10 high knees

2 jumping lunges

done



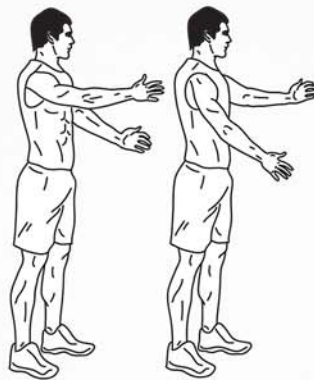
BURN OFF

DAREBEE WORKOUT @ darebee.com

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



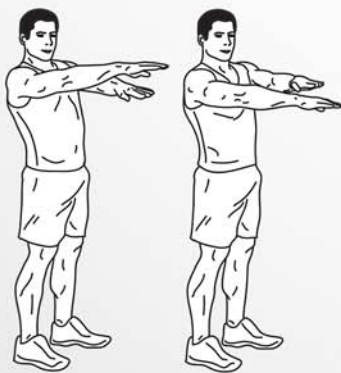
30 high knees



30 scissor chops



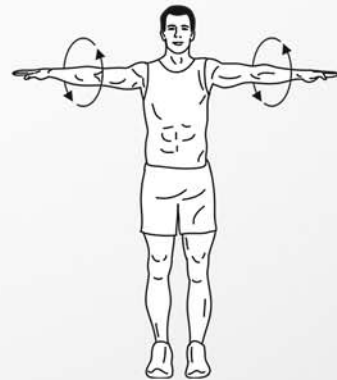
30 high knees



30 arm scissors



30 high knees



30 raised arm circles

SELF PASSING CHALLENGE CARD

**Keep the ball in the air for as long as you can.
How many successful self-passes can you make?**

Junior Varsity (JV) = 10 in a row

Varsity = 20 in a row

Level 1	Use below-chest passes only (3 attempts then take turns with a partner)
Level 2	Use above-chest passes only (3 attempts then take turns with a partner)
Level 3	Use a combination of above- & below-chest passes (3 attempts then take turns with a partner)
Level 4	Alternate left/right below-chest passes only (3 attempts then take turns with a partner)
Level 5	Alternate left/right using any passes (3 attempts then take turns with a partner)
Level 6	Create a 10-Touch passing routine (See if your partner can repeat your routine.)

PASSING CUE CHART

Critical Elements and Cues For...

Below-Chest Pass

1) Athletic Stance

- ✓ Feet and Knees Ready
- ✓ Hands Ready
- ✓ Eyes Ready

2) Hand Placement

- ✓ Waist Level
- ✓ Palms Up and Out
- ✓ Fingers Away

3) Palm Strike

- ✓ Palm Flat
- ✓ Contact Between Heel and Fingers

Above-Chest Pass

1) Athletic Stance

- ✓ Feet and Knees Ready
- ✓ Hands Ready
- ✓ Eyes Ready

2) Hand Placement

- ✓ Shoulder Level
- ✓ Palms Out
- ✓ Fingers in Toward Head

3) Palm Strike

- ✓ Palm Flat
- ✓ Contact Between Heel and Fingers

PASSING PENTATHLON SKILL CARD

Your Name: _____

- ✓ Record the number of attempts it takes you to complete each challenge
- ✓ If you're unable to complete a challenge after 4 attempts, record a 5+.

		Day 1	Day 2
1	10 consecutive below-chest passes.		
2	10 consecutive above-chest passes.		
3	10 consecutive passes alternating between below- and above-chest passes.		
4	10 consecutive passes walking around the room.		
5	10 consecutive passes jogging around the room.		
Score Total			

Rate your effort by circling 1, 2, or 3.

Day 1:

1 = I didn't really try

2 = I could have tried harder

3 = I did my very best

Day 2:

1 = I didn't really try

2 = I could have tried harder

3 = I did my very best

ROUNDNET ROUTINE CARD

Self-Passing Routine Card

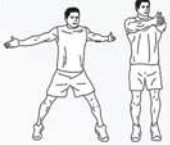
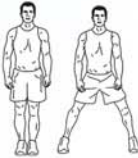
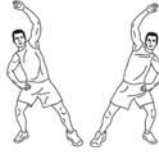
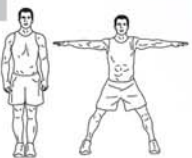
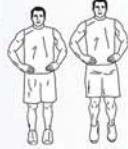
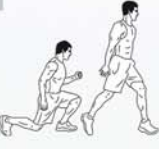
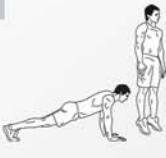
Set #	Exercise Name	Interval Start
1	Below-Chest Self Passes (Right Hand Only)	0:00
	Rest 10 Seconds	
2	Plank Ball Taps	0:30
	Rest 10 Seconds	
3	Below-Chest Self Passes (Left Hand Only)	1:00
	Rest 10 Seconds	
4	Half-Jacks	1:30
	Rest 10 Seconds	
5	Below-Chest Self Passes (Alternate Hands)	2:00
	Rest 10 Seconds	
6	Plank Ball Taps	2:30
	Rest 10 Seconds	
7	Above-Chest Self Passes (Either Hand)	3:00
	Rest 10 Seconds	
8	Half-Jacks	3:30
	Rest 10 Seconds	

1-minute cardio

30-Day Challenge

@ darebee.com

Repeat the exercises
for each day for
60 seconds,
every day for 30 days.
Go flat out.

1  jumping jacks	2  butt kicks	3  march twists	4  split jacks	5  seal jacks
6  high knees	7  half jacks	8  side jacks	9  T-jumps	10  toe tap hops
11  hops on the spot	12  side-to-side jumps	13  squats	14  knee strikes	15  climbers
16  skiers	17  knee-to-elbow	18  side leg raises	19  squat step-ups	20  straight leg bounds
21  squat hold punches	22  lunge twists	23  skaters	24  shoulder taps	25  lunge step-ups
26  single leg hops	27  climber taps	28  jumping lunges	29  jump squats	30  basic burpees



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	Active Outside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
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				

DECEMBER DEAM Calendar

Drop Everything And Move

GIVE
without expectation

Name: _____

Teacher: _____

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	2	Do as many curl-ups as you can.
	3	Do 10 burpees and 10 sit-ups.
	4	Say your math facts while doing reverse lunges.
	5	Take a walk.
	6	Think: I will be the best I can be! Live this motto all day!
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	9	Do as many trunk-lifts as you can.
	10	Do 20 jumping jacks and 20 plank jacks.
	11	Do push-up shoulder taps while reciting your spelling words.
	12	Take a walk.
	13	Think: I can do hard things! Live this motto all day!
	14	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	15	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	16	Do as many squats as you can.
	17	Do 30 mountain climbers and 30 bicycle crunches.
	18	Perform squat-jumps while naming the continents.
	19	Take a walk.
	20	Think: I will train my brain (and body)! Live this motto all day!
	21	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	22	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	23	Do as many push-ups as you can.
	24	Crab walk and hold a plank as you count to 40.
	25	Read a book while doing a wall sit.
	26	Take a walk.
	27	Think: I love to challenge myself! Live this motto all day!
	28	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	29	Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	30	Do as many push-ups as you can.
	31	Crab walk and hold a plank as you count to 40.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.
- ✓ It's better to give than to receive.

