



# WINTER BREAK LEARNING PACKET

## PHYSICAL EDUCATION

**8<sup>TH</sup> GRADE  
STUDENT**

**DEC 22<sup>ND</sup> – JAN 5<sup>TH</sup>**

**DEPARTMENT OF CURRICULUM & INSTRUCTION**

Memphis-Shelby County Schools offers educational and employment opportunities without regard to race, color, religion, sex, creed, age, disability, national origin, or genetic information



## 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   |
|--|---|---|---|--|---|
| <b>My Learning Goals</b>                 | 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.  |
| <b>Today's Vocabulary</b>                | <b>COORDINATION</b><br>The ability to synchronize or combine the movements of several parts of the body.  | <b>EFFORT</b><br>The amount of determination or exertion used to accomplish a goal.   | <b>CONTROL</b><br>To manage or regulate the movement or actions of something.   | <b>REFINE</b><br>To improve something by making small, incremental changes.  | <b>CHALLENGE</b><br>Something that presents difficulty and requires effort to master or achieve.  |
| <b>Warm-Up Activity</b>                  | <a href="#">The Extra Mile</a><br>(Darebee)   | <a href="#">White Rabbit</a><br>(Darebee)   | <a href="#">Rascal</a><br>(Darebee)   | <a href="#">Burn Off</a><br>(Darebee)  | You choose your favorite warm-up from the week.   |
| <b>Learning Focus Activity</b>           | <b>Activity 1:</b><br><a href="#">Self-Passing Challenges Card</a><br>Using a small ball or sock ball. Can you complete the Junior Varsity Level?<br><a href="#">Passing Cues</a> | <b>Activity 2:</b><br><a href="#">Individual Passing Pentathlon</a><br>Using a small ball or sock ball. Can you complete all five challenges (Day 1)?<br><a href="#">Passing Cues</a> | <b>Activity 3:</b><br><a href="#">Roundnet Tabata</a><br>Using a small ball or sock ball. Can you alternate between roundnet passing and Tabata drills?<br><a href="#">Passing Cues</a> | <b>Activity 4:</b><br><a href="#">Self-Passing Challenges Card</a><br>Using a small ball or sock ball. Can you complete the Varsity Level?<br><a href="#">Passing Cues</a> | <b>Activity 5:</b><br><a href="#">Individual Passing Pentathlon</a><br>Using a small ball or sock ball. Can you complete all five challenges (Day 2)?<br><a href="#">Passing Cues</a> |
| <b>Daily Movement Activity</b>           | <a href="#">1-Min Cardio</a><br>(Darebee)   | <a href="#">1-Min Cardio</a><br>(Darebee)   | <a href="#">1-Min Cardio</a><br>(Darebee)   | <a href="#">1-Min Cardio</a><br>(Darebee)  | <a href="#">1-Min Cardio</a><br>(Darebee)   |
| <b>Mindfulness</b>                       | <a href="#">Relax 5-Min Guide</a><br>(2bpresent)  | <a href="#">7-11 Breathing</a><br>(2bpresent)   | <a href="#">Relax 5-Min Guide</a><br>(2bpresent)  | <a href="#">7-11 Breathing</a><br>(2bpresent)  | <a href="#">Relax 5-Min Guide</a><br>(2bpresent)  |
| <b>Did I log my total activity time?</b> | <b>YES or NO?</b>   | <b>YES or NO?</b>   | <b>YES or NO?</b>   | <b>YES or NO?</b>  | <b>YES or NO?</b>   |
| <b>How am I feeling today?</b>           |   |   |   |  |   |

For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](https://openphysed.org)

# THE EXTRA MILE

DAREBEE WORKOUT

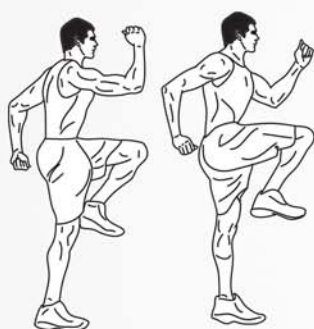
@ [darebee.com](https://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

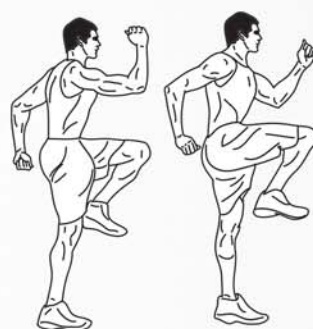
2 minutes rest



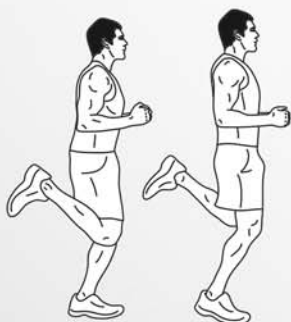
**20** march steps



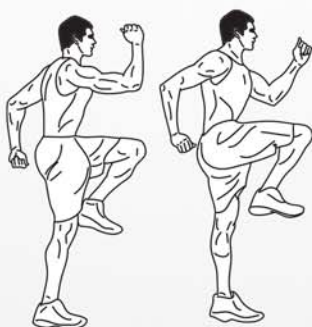
**10** calf raises



**20** march steps



**20** butt kicks



**20** march steps



**20** high knees

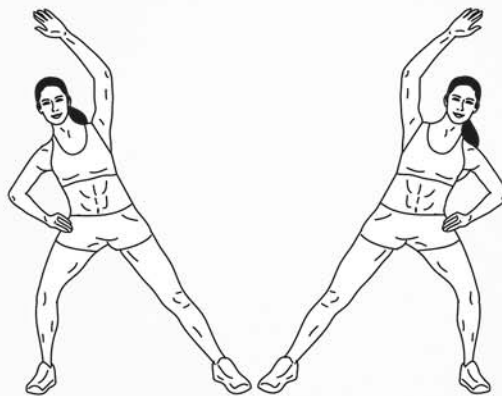
# white rabbit

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

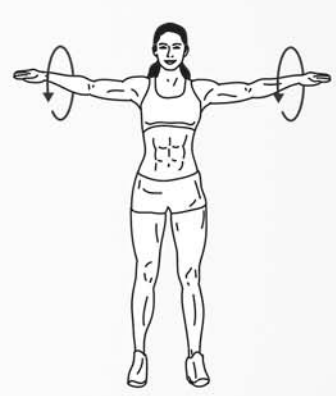
5 sets in total | 2 minutes rest between sets



**20** raised arm circles



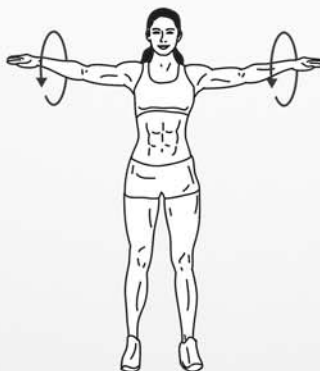
**20** side jacks



**20** raised arm circles



**20** march steps



**20** raised arm circles



**20** march steps

# Rascal

DAREBEE WORKOUT @ [darebee.com](https://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



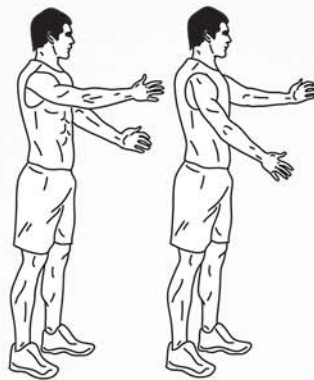
# BURN OFF

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

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



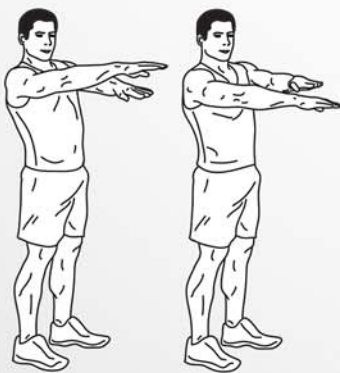
**30** high knees



**30** scissor chops



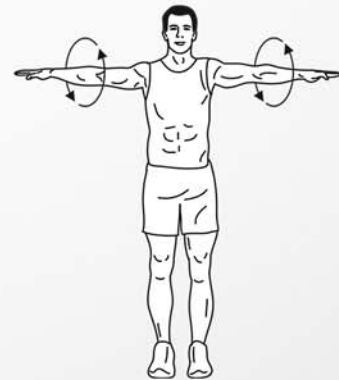
**30** high knees



**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**

|                |  |
|----------------|--|
| <b>Level 1</b> | <b>Use below-chest passes only</b><br>(3 attempts then take turns with a partner)                              |
| <b>Level 2</b> | <b>Use above-chest passes only</b><br>(3 attempts then take turns with a partner)                              |
| <b>Level 3</b> | <b>Use a combination of<br/>above- &amp; below-chest passes</b><br>(3 attempts then take turns with a partner) |
| <b>Level 4</b> | <b>Alternate left/right<br/>below-chest passes only</b><br>(3 attempts then take turns with a partner)         |
| <b>Level 5</b> | <b>Alternate left/right using any passes</b><br>(3 attempts then take turns with a partner)                    |
| <b>Level 6</b> | <b>Create a 10-Touch passing routine</b><br>(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 |
|--------------------|--|-------|-------|
| <b>1</b>           | 10 consecutive below-chest passes.                                       |       |       |
| <b>2</b>           | 10 consecutive above-chest passes.                                       |       |       |
| <b>3</b>           | 10 consecutive passes alternating between below- and above-chest passes. |       |       |
| <b>4</b>           | 10 consecutive passes walking around the room.                           |       |       |
| <b>5</b>           | 10 consecutive passes jogging around the room.                           |       |       |
| <b>Score Total</b> |  |       |       |

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





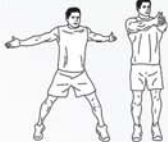

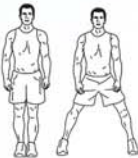
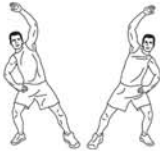
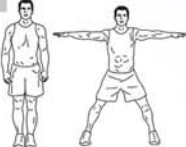

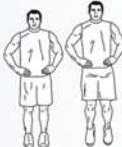






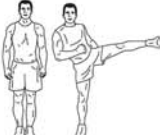









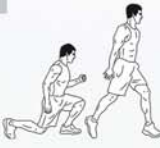


| Set #    | Exercise Name                                    | Interval Start |
|----------|--|----------------|
| <b>1</b> | <b>Below-Chest Self Passes (Right Hand Only)</b> | <b>0:00</b>    |
|          | Rest 10 Seconds                                  |                |
| <b>2</b> | <b>Plank Ball Taps</b>                           | <b>0:30</b>    |
|          | Rest 10 Seconds                                  |                |
| <b>3</b> | <b>Below-Chest Self Passes (Left Hand Only)</b>  | <b>1:00</b>    |
|          | Rest 10 Seconds                                  |                |
| <b>4</b> | <b>Half-Jacks</b>                                | <b>1:30</b>    |
|          | Rest 10 Seconds                                  |                |
| <b>5</b> | <b>Below-Chest Self Passes (Alternate Hands)</b> | <b>2:00</b>    |
|          | Rest 10 Seconds                                  |                |
| <b>6</b> | <b>Plank Ball Taps</b>                           | <b>2:30</b>    |
|          | Rest 10 Seconds                                  |                |
| <b>7</b> | <b>Above-Chest Self Passes (Either Hand)</b>     | <b>3:00</b>    |
|          | Rest 10 Seconds                                  |                |
| <b>8</b> | <b>Half-Jacks</b>                                | <b>3:30</b>    |
|          | 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<br><br>jumping jacks         | 2<br><br>butt kicks            | 3<br><br>march twists       | 4<br><br>split jacks       | 5<br><br>seal jacks             |
| 6<br><br>high knees           | 7<br><br>half jacks           | 8<br><br>side jacks        | 9<br><br>T-jumps          | 10<br><br>toe tap hops         |
| 11<br><br>hops on the spot   | 12<br><br>side-to-side jumps | 13<br><br>squats          | 14<br><br>knee strikes   | 15<br><br>climbers            |
| 16<br><br>skiers             | 17<br><br>knee-to-elbow      | 18<br><br>side leg raises | 19<br><br>squat step-ups | 20<br><br>straight leg bounds |
| 21<br><br>squat hold punches | 22<br><br>lunge twists       | 23<br><br>skaters         | 24<br><br>shoulder taps  | 25<br><br>lunge step-ups      |
| 26<br><br>single leg hops    | 27<br><br>climber taps       | 28<br><br>jumping lunges  | 29<br><br>jump squats    | 30<br><br>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      |
|-------------------|---------------------------|-----------------------------|-------------------------------|------------|
| <b>Sample Day</b> | Active Outside<br>30 Mins | Walk with Family<br>15 Mins | Dance Challenge<br>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.

