

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?	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞

CHARADE GAME STATIONS

Notes to instructors:

The game of charades is a fun way for students to be creative, express themselves, and get a healthy dose of moderate physical activity. The games in this packet were designed for small to medium groups and can be played with a mix of ages. Each card includes ideas for charade topics. Encourage students to be appropriately creative and come up with their own topic ideas.

As with any game or activity resource, it's up to you to assess the needs and abilities of the students under your supervision. Modify this game as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each game to the group before allowing students to work independently.

Every page includes a reminder to practice safe social distancing. All of the games in this packet were designed to allow students to remain a minimum of 6 feet apart and *DO NOT* require them to use or share equipment.

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US Games

MOVEMENT
MADE FOR NOW 

Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

CRAZY 8 EMOJI DANCE

Game Set-Up

- Get in groups of 4. Keep 6 feet apart while talking and dancing.
- Each group member chooses a different emoji from the list below.
- The adult activity leader will play some fun and appropriate dance music.

Game Instructions

- The object of the Crazy 8 Emoji Dance is for each member of a group to create an 8-count dance move that goes with the emoji they've chosen. Then the group will combine all of their individual 8-count dances into a 32-count dance routine.
- After your dance has been created, perform your dance for an audience. Remember, this is a charade game — don't use spoken words or sounds.
- When the dance routine performance is all finished, the audience will try to guess the four emojis that your group used to create the dances.

Emoji List



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LETTER CHARADES

Game Set-Up

- Designate 1 player to be the actor (the youngest goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

Game Instructions

- The object of Letter Charades is for the guessers to call out the letter that the actor is demonstrating using movements.
- Actors cannot speak or make sounds — only movements.
- Choose a letter from the list below. You cannot choose a letter that has already been used in this game today.

Letter List

A C E F H I J K L O P Q T U V X Y



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WORD CHARADES

Game Set-Up

- Designate 1 player to be the actor (the oldest goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

Game Instructions

- The object of Word Charades is for the guessers to call out the word that the actor is demonstrating using movements.
- Actors cannot speak or make sounds — only movements.
- Choose a word from the list below. Do not choose a word that has already been used in this game.
- Be creative! Can you think of a fun and appropriate word to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

Word List

Toothbrush

Car

Apple

Remote Control

Bubblegum

Popcorn

Bus

Airplane

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ANIMAL CHARADES

Game Set-Up

- Designate 1 player to be the actor (the person whose first name starts with a letter closest to Z goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

Game Instructions

- The object of Animal Charades is for the guessers to call out the animal that the actor is demonstrating.
- Actors cannot speak or make sounds — only movements.
- Choose an animal from the list below. Do not choose an animal that has already been used.
- Be creative! Can you think of a fun and appropriate animal to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

Animal List

Bird

Cat

Dog

Fish

Giraffe

Horse

Rabbit

Spider

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SPORTS CHARADES

Game Set-Up

- Designate 1 player to be the actor (the person whose first name starts with a letter closest to H goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

Game Instructions

- The object of Sports Charades is for the guessers to call out the sport that the actor is demonstrating.
- Actors cannot speak or make sounds — only movements.
- Choose a sport from the list below. Do not choose a sport that has already been used.
- Be creative! Can you think of a fun and appropriate sport to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

Sports List

Archery

Baseball

Basketball

Golf

Hockey

Horseracing

Soccer

Volleyball

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MOVIE CHARADES

Game Set-Up

- Designate 1 player to be the actor (the person whose first name starts with a letter closest to H goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

Game Instructions

- The object of Movie Charades is for the guessers to call out the movie that the actor is demonstrating.
- Actors cannot speak or make sounds — only movements.
- Choose a movie from the list below. Do not choose a movie that has already been used.
- Be creative! Can you think of a fun and appropriate movie to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

Movie List

Coco	Finding Nemo	Frozen	Harry Potter
Spiderman	Lion King	Monsters Inc.	Toy Story

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Name:	Teacher:
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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	Spring into Action: Find someone to do 20 jumping jacks with you.
	2	Say your math facts while doing reverse lunges.
	3	Take a walk.
	4	Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.
	5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	6	Help a neighbor or friend with some spring cleaning!
	7	Do as many trunk-lifts as you can.
	8	Spring into Action: Find 2 people. Do 30 jumping jacks together.
	9	Do push-up shoulder taps while reciting your spelling words.
	10	Take a walk.
	11	Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.
	12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	13	Using an old container, gather soil, and plant flowers seeds.
	14	Do as many squats as you can.
	15	Spring into Action: Find 3 people. Do 40 jumping jacks together.
	16	Perform squat-jumps while naming the continents.
	17	Take a walk.
	18	Did you know donuts have ~280 calories? Jog in place for a 280 count.
	19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	20	Get 60 minutes of MVPA. You choose how!
	21	Do as many push-ups as you can.
	22	Spring into Action: Find 4 people. Do 50 jumping jacks together.
	23	Read a book while doing a wall sit.
	24	Take a walk.
	25	Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!
	26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	27	Invent a game and try it out!
	28	Do as many curl-ups as you can.
	29	Spring into Action: Find 5 people! Do 60 jumping jacks together.
	30	Spring into Action: Find someone to do 20 jumping jacks with you.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.

