



Physical Activities Grades 6–8

Games & Sports

Please complete these activities with a sibling, parent, guardian, or family member!

Net & Wall Games -Wrist locked, -Fist -Release & strike	Mark a place outside as your “home base” by placing a shirt on the ground. Take a few steps away from your home base and underhand serve a ball in any direction. You can add a bell to the ball to add noise. After serving, navigate back to your home base. Time how fast you can return to your home base after each serve.
Target Games -Step, Throw, Follow-through	Bundle a pair of socks to make a ball. Have your partner stand in place and clap. Toss the ball to your partner. Retrieve the ball and have your partner move spots. Keep playing to find out how many times you can reach your target from different distances.
Volleying -Step -Toss -Strike	Create a ball from bundled plastic bags. If you have a bell, tie it to the ball. Have your partner stand 20 feet away. Pretend there is a tall net in between you, and overhand serve a ball over the net to your partner. Count how many successful serves you have.
Shooting on Goal -Step -Throw -Follow-through	Bundle a pair of socks to make a ball. If you have a bell, tie it to the ball. Find a target you can throw at, such as a tree outside. Have your partner stand by the target and clap so you can locate the target. Each time you throw, move to a different spot. Count the number of successes you have at different places.
Throwing -Step -Throw -Follow through	Bundle a pair of socks to make a ball. If you have a bell, tie it to the ball. Have your partner clap while walking, jogging, or running. Throw the ball to the your partner while they are moving. Count how many times you are make a successful pass!
Offensive Skills	Have your partner stand somewhere and make a noise. Stay in one place, and practice pivoting on one foot to face the direction of the noise. Have your partner move to different areas and continue pivoting. Next, try pivoting on your other foot!



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Fitness & Movement

Please complete these activities with a sibling, parent, guardian, or family member!

Dance & Rhythm	Make a dance routine for your favorite song, or learn all of the moves to a choreographed dance (Cotton-eyed Joe, Electric slide, Cha-Cha Slide, Cupid Shuffle, or Macarena). This link is to a tutorial on the Macarena. https://www.youtube.com/watch?v=OzV63IRR8BQ
Outdoor Pursuits	Go for a walk around your neighborhood with your partner. Learn a new route back to your home!
Assessment & Program Planning	Set 3 goals for being active to follow the next two weeks. Examples: Go for a walk every day, try to beat my push-up record three times a week, stretch before bed each night.
Fitness Activities	Follow the yoga sequence in this video that includes verbal descriptions of movements. If you have another video you prefer, follow that one instead! https://www.youtube.com/watch?v=tnpYMHsp8Q0
Fitness Knowledge	After you have been moving, it is important to stretch! Lead yourself through stretches for 5-10 minutes. Pay special attention to muscles that feel tight. Some stretches include lunges; sitting with your knees bent and soles of your feet touching (the butterfly); sitting with legs straight out in front of you and reaching for your toes, etc.
Nutrition	When it comes time for a snack, choose a healthier option at least once a day.