

## Ready to Go Take Home Packet

### Purpose

SHAPE America is dedicated to helping physical education and health education teachers across the country as many schools and school districts are moving to distance learning due to COVID-19. The Ready to Go Take Home Packet is designed for teachers to download so they have a collection of ready to use activities that they do not have to spend time searching for. The secondary activities in this packet do not require internet and include physical education and health education that are designed to be done over the course of a week.

There is an English and Spanish version for each item. Items included:

1. Physical Activity Logs
2. April Mind & Body Calendars
3. At Home Activities Chart
4. The Daily Big Three – Take Home Version
5. Mind & Body Bingo
6. health. moves. minds. at Home- Internal Voice Activity
  - a. included with a note to teachers for follow up (in English only)

### Standards Covered

#### Physical Education

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

- Engages in physical activity (S3.M2)
- Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- Personal responsibility (S4.M2)
- Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed.47 (S4.H1.L1)

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- Health (S5.M2)
- Challenge (S5.M3)
- Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)



## Health Education

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.8.8 Explain how personal values and beliefs on individual health practices and behaviors.
- 12.8.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.12.2 Demonstrate a variety healthy practices and behaviors that will maintain or improve the health of self and others.