



AMERICA SCORES Chicago

Physical Activity and Literacy Activities To Do
At Home

Grades 6th through 8th



Day One Physical Activity

"Alphabet Fitness"

Overview

Today's practice is about doing different exercises that correspond with each letter of the alphabet. This activity is important because it helps you learn a variety of different exercises that help you maintain fitness in your daily lives. Thank you to our friends at Canada SCORES Vancouver for the activity idea!

Warm-Up

Jog on the spot for 30 seconds and complete at least three stretches you typically do before exercising (Ex. shoulder stretch, arm stretch, back stretch, butterflies, etc.).

Lesson

A -5 SIT UPS	N -5 BURPEES
B -20 JUMPING JACKS	O -PLANK(30 SECONDS)
C -5 LEG RAISES	P -10 LEG RAISES
D -PLANK(30 SECONDS)	Q - 15 SIT UPS
E -20 ARM CIRCLES	R -20 HIGH KNEES
F -5 PUSH UPS	S -20 JUMPING JACKS
G -10 LEG RAISES	T - 5 PUSH UPS
H -20 HIGH KNEES	U -20 ARM CIRCLES
I -15 SIT UPS	V -PLANK(30 SECONDS)
J -20 JUMPING JACKS	W -10 SIT UPS
K -10 BURPEES	X -5 BURPEES
L -PLANK(30 SECONDS)	Y - 20 ARM CIRCLES
M -20 ARM CIRCLES	Z -5 PUSH UPS

Do a set of exercises that correspond with the letters spelling:

- Your First Name (ex: Diego → "D", "I", "E", "G", and "O")
- Your Last Name
- Your School Name
- Your Street Name
- SCORES
- TEAMWORK



- LEADERSHIP
- COMMITMENT

Cool Down

Using the same spot as your exercise, repeat the same stretches you completed in the *Warm Up* section.

Remember TLC Tickets? Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "Alphabet Fitness"! We will be doing a raffle once school starts! We'd also love to share your skills on Facebook, Instagram, and Twitter!

- Email it to us at info@chicagoscores.org
- Text it to Coach Jess at (224) 801-2365



Day Two Literacy Activity

“Quatrains”

Overview

For this activity, you will explore and identify the variations of rhyme schemes in quatrain poetry. You will practice creating and performing your own original quatrain poems. This activity is important because it broadens your knowledge of different poetry forms and encourages you to focus on different patterns.

Lesson

- Read the two poems on the next page and as you read, make stars or check marks next to all of the lines that rhyme with one another in each of the poems.
- Using a piece of paper (or journal) and pen, write down your answers to the following questions: Did you notice anything about the lines that rhyme throughout the poem? Is there a pattern?

Poems may contain various rhyming patterns. To find these patterns, letters are assigned to a line of a poem each time the rhyme changes, starting with “A,” then “B,” etc. When the pattern is four lines long, that is a Quatrain.

- Here is an example of a Quatrain:

I see a frog

He’s on a log

I try to play

But he hops away

- Label the lines of the poem above according to the rhyme scheme. The first line is always labeled “A.” Any line that rhymes with the first line, is also labeled “A.” Label the third line “B.” and the fourth line is also “B”
 - The poem above is an example of an AABB quatrain. “I see a frog” is the first line (A) and “he’s on a log” rhymes with it, so it is also labeled A. “I try to play” is the third line, so it is labeled B. “But he hops away” rhymes with that, so it is also labeled B.



Quatrains

I Wish I Had a Dragon

by Jack Prelutsky

*I wish I had a dragon
With diamond-studded scales,
With claws like silver sabers,
And fangs like silver nails
A dragon fierce and faithful,
Always ready by my side,
A dragon to defend me
Or take me for a ride.*

*I wish I had a dragon
With eyes of shining gold,
Who breathed a plume of fire
Whenever it was told,
A dragon so ferocious
It might frighten Frankenstein,
But not a lazy dragon
Who sleeps all day... like mine!*

Better Things to Do

by Sebastian, America SCORES Chicago

*Video games are overrated.
They have limits which are so outdated.
In reality you can go wherever you choose,
But you can't just hit new game if you lose.
So step away from the game console,
Or you'll end up with a brain hole.
Play life right! Don't sleep in school,
While your brain drowns in its own pool of drool.
Throw it a lifesaver, read a book
Ask good questions or give your homework a second look.
I realize these ideas may come as a shock
And they might get me beat up on my block.
But I don't care because it's all truth,
I have better things than video games to do with my youth!*

Handout

Quatrain Rhyme Patterns

Directions:

Draw a line from each quatrain to its matching rhyme pattern.

*I like to dribble the soccer ball
When I go outside to play
Its better than staring at my bedroom wall
On a sunny day in May.*

AABA

*I do not like to drink tea
It tastes very funny to me
I'd rather have some juice
As long as it's sugar free.*

ABCB

*Soccer is the opposite of boring
Dribbling, passing, shooting, scoring
It is the game I love to play
From the time I wake up til the end of the day.*

ABAB

*Once I made a snowman
Handsome as can be
In the snow he melted
A sad sight to see.*

AABB

Name

Now, you are going to write your own Quatrain poem using that same pattern. Use the worksheets on the next page to help!

Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "Quatrains"! We will be doing a raffle once school starts. The more TLC tickets you earn, the more chances you have of winning a prize! SCORES is using Facebook, Instagram, and Twitter, and we'd love to include your video / poem! You can:

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Handout

Say My Name Quatrain

Directions:

Choose one of the patterns from the *Quatrain Rhyme Patterns* handout. Circle the pattern below that you've chosen to use.

ABAB

AABA

AABB

ABCB

Fill in the blanks at the end of the line with the letters that match the rhyme pattern you chose. Then, complete the quatrain with details about you!

My name is _____ []
(Your first name or a nickname)

I'm from _____ []
(This can be your school, team, neighborhood, city, street or a description of things that make your family unique.)

I like _____ []
(Something that you like to do, read, eat, watch—whatever you want!)

And _____ []
(Something else that you'd like people to know about you)

_____ **Name**

Day Three Physical Activity

"Speed Shuttles"

Overview

Today we are bringing back part of the Speed and Agility lesson from Week 3. This exercise is focused on speed and agility through sprinting and shuffling. This exercise is valuable as it teaches you to move places quickly, like in a soccer game when you are guarding someone or racing for a ball! Thank you to our friends at DC SCORES for the activity!

Warm-Up

Before you get started with the lesson, warm yourself up by jogging in the same place and performing High-Knees for 1 minute. In addition, complete 10 lunges with each leg and then you're all set!

Lesson



1. Using cones or small objects, make a triangle on the ground (about 4 BIG steps away from each other).
2. Start at one of the back cones and sprint to the cone at the top of the triangle.
3. Once you are at the top of your triangle, backpedal to the last cone.
4. Side shuffle across to the same cone you started at, completing the triangle.
5. Repeat steps 1-4, five times.
6. Rest for 30 seconds then repeat steps 1-5 but go in the opposite direction!

Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "Speed Shuttles"! We will be doing a raffle once school starts! We'd also love to share your skills on Facebook, Instagram, and Twitter!

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Day Four Literacy Activity

"Fill in the Rhyme"

Overview

In today's activity, you will practice using the poetic devices of rhythm and rhyme. You will also fill in the blanks to create your own unique verse. This activity is important because it gets your creativity flowing and you learn how to make verses so that you can write your own rap.

Lesson

1. Using the worksheet on the next page, fill in the blanks to the following sentences to create your own rhyme.
2. Once you have completed this rhyme sheet, practice reading your poem to the rhythm of a beat or song you know.
3. Once you've had some time to practice, present your poem to someone you're living with -- either with or without music.

Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "Fill in the Rhyme"! We will be doing a raffle once school starts! We'd also love to share your skills on Facebook, Instagram, and Twitter!

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FILL IN THE RHYME

My name is _____ and I like to _____

When I was _____ I used to _____

Summertime is _____ cause I can _____

In the Winter I _____ and _____

When it's _____ outside I put on my _____

After a long day at _____ I go home and _____

I don't want to _____, I'm a _____

Take a look in my _____ and tell me what's _____

A little _____ is all it takes to be _____

I'm a hard working _____ and I know _____

I live in _____, I was born in _____

If I could _____, I would go to _____

Day Five – Game Day!

“MASH”

Overview

Today’s activity is a multi-player paper-and-pencil game, commonly played to predict one's future. It is a fun game to play where you can be creative and hopeful in randomly predicting the future.

Lesson

1. The game is played with two players and starts by either player writing out the title MASH at the top of a piece of paper.
2. Both players contribute to writing a list of categories like where you’ll live, what soccer player are you most comparable to, what soccer team you’ll play for, and what type of poetry you’ll be famous for.

Example:

M A S H

Where you’ll live

1. Chicago
2. Toronto, Canada
3. Mexico City, Mexico
4. Paris, France

Most Comparable Soccer Player

1. Megan Rapinoe (F) or Tyler Boyd (M)
2. Alex Morgan (F) or Lionel Messi (M)
3. Christine Sinclair (F) or Cristiano Ronaldo (M)
4. Abby Wambach (F) or David Beckham (M)

Soccer Team You’ll Play For

1. Chicago Red Stars (F) or Chicago Fire (M)
2. Team USA (F or M)
3. Portland Thorns FC (F) or Manchester United (M)
4. FC Bayern Munich (F) or Bayern Munich FC (M)



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Poetry You'll Be Famous For

1. Wish Poetry
 2. Riddle Poetry
 3. Mandala Poetry
 4. Epistle Poetry
-
3. Each player thinks of four answers for each category, and writes them in a column under the category title.
 4. Player 2 then begins to draw a swirl on a separate piece of paper. Player 1 says "Stop" at a time they choose after waiting at least 3 seconds, and player 2 stops and draws a line through the swirl from the endpoint to the starting point. They then count how many times the swirl intercepts the line drawn. Alternatively, player 2 will make tally marks instead of drawing a swirl. When player 1 says 'Stop', player 2 stops drawing marks and counts them. Another way this could be done is by just choosing a random number instead of drawing a swirl or line to find a number to count by.
 5. Player 1 or 2 counts each item down the page (starting with the MASH), and crosses off the answer that they land on. For instance, if four lines were counted in the swirl, every fourth answer is crossed off the list. This continues until there is only one item in each category. Each letter in the title is considered an answer and should be crossed off accordingly.
 6. The remaining items are considered to determine the Player 1's future.
 7. Were you happy with your results? Why or why not?
 8. Why or why not is this a good way to predict your future?

Don't you just love getting recognized for your work? By sending us a photo or video of you playing "MASH", you can earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket! We will be doing a raffle once school starts. The more TLC tickets you earn, the more chances you have of winning a prize! SCORES is using Facebook, Instagram, and Twitter, and we'd love to include your video / poem!

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