



AMERICA SCORES

Chicago

Physical Activity and Literacy Activities To Do
At Home

Grades 6th through 8th



AMERICA
SCORES
Chicago

Hello!

We miss seeing you at school – and we are sure that you miss being at school too!

This packet includes fun soccer and fitness, poetry, writing, and service activities that you can do with your family and friends while you are at home!

We can't wait to see you soon!

The America SCORES Chicago Team



Day One Physical Activity

“Speed Walking Pictionary”

Overview

This activity involves exercise while also allowing you to explore verbal and nonverbal communication and drawing in the process.

Lesson

- This activity is best with 3 players. Designate a “Drawer,” a “Speed Walker,” and a “Describer.”
- Find large pictures or drawings in your home to use for this game.

Round 1: The Describer will randomly pick one of the pictures – they are the only one allowed to look at it! The Describer’s job is to explain the picture in as much detail to the Speed Walker who may not look at the picture or ask any questions.

- The Describer gets one minute to tell the Speed Walker as much information as they can about the picture.
- Then the Speed Walker quickly walks to the Drawer and explains what he/she heard while the Drawer sketches.
- The Speed Walker is not allowed to gesture, only describe, and the Drawer is not allowed to ask questions. After one minute, the group stops and compares the picture drawn by the Drawer to the one the Describer was using.

Round 2: Players switch roles, and then start the activity again with a new picture. This time, everyone is allowed to ask questions of one another.

- With each round, have the Speed Walker try something other than running, such as jogging, skipping, walking backwards, etc.

Once the activity is done, the group should come together to reflect. Display the before and after pictures, and look to see which are the closest match.

Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing “Speed Walking Pictionary”! 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

"I'm Dreaming Passion Map 1"

Overview

In today's activity, you will differentiate between dreams and goals and reflect on your own dreams for yourself and your community. You will then complete a poem consisting of 10 lines using anaphora.

An **anaphora** is a poetic technique that uses the repetition of the same word or phrase at the beginning of each line of the poem.

Lesson

- First, take a few minutes and reflect on any goals you had during the SCORES season or another period of time.
 - Ask yourself these questions:
 - Did I meet any of my goals? Am I making progress towards meeting any of them?
 - How am I making progress? If not, why?
 - How are these goals different than dreams that you have?
 - Dreams are different from goals – dreams can be realistic but they don't have to be. Dreams can capture a person's hopes that they may not even feel they have the "right" to hope for.
- After taking time to answer these questions for yourself, set new goals, then revise and/or add to your existing goals and set aside.

What Dreams was a song written by Trotter Elementary School students inspired by the famous poem, *Dreams* by Langston Hughes. They used that poem as the chorus for their song. In this way, they integrated their own message into the message of a famous poet. They also show respect and dedication to the work that Hughes accomplished. Read the song on the next page.

Hold fast to dreams
For if dreams die
Life is a broken winged bird
That cannot fly
Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow

Joshua:

My dream is to play in the NBA
I would always practice every single day
I love to play basketball that's what I do
But I need to get good so my dream could come true
When I play basketball I try my best
But some people say, "Josh, give it a rest"
I can't just go in the NBA
First I need to practice and learn how to play

Tarek:

You know what I wanna be when I grow up?
I'm gonna pick the colors of a yellow tulip
I wanna be a person who designs clothes
I also wanna pick the colors of a rose

Why do I wanna be a clothes designer?
No job, can ever be finer!
That's what I wanna be when I grow up
I am gonna be this when I grow up!
In this life, we all know at a very young age what our purpose and our dreams are.
But, sometimes along the way we get tricked into forgetting...
We're all gifted,
but sometimes our dreams get shifted

By the ways of the world that we live
But I tell you this, you never give in
And you will succeed

I'Teasia:

To be a lawyer is my dream
And if it doesn't work out you'll see steam
I've got fetish for paper, but it's all cool

And I don't even mind the extra years in school

Justice, is what I'm looking for
And once I've got the key I'm gonna open up the door
I'm gonna make you free
And once it's done everybody will be happy, Hee-hee



AMERICA SCORES
Chicago

- Answer the following questions in your journal or on a piece of paper:
 - Do you think the students who wrote this song have realistic goals? Why or why not?
 - How do their dreams compare to the ones you wrote at the start of the activity?
 - Do you think it is important to have both dreams and goals?
 - What are some steps these students can take to follow their dreams?
 - What action can you take to follow your dreams and reach your goals?

Next, write your own anaphora line, making sure that the first five lines of the poem are about your personal dreams and goals and the second five lines can be dreams and goals connected to your community.

- Write "My dream is..." or "My dreams are" 10 times and then complete each line creatively or imaginatively. Use vivid language incorporating at least three of the five senses as well as similes and metaphors. Use a rhyming structure if need be.
- Examples:
 - My dream is to be a professional soccer player; As I march onto the field, I smell each freshly cut blade of grass and when I hear the tweet of the first whistle, I soar like an eagle all over the soccer pitch.
 - My dream is to work at a restaurant where I hear the sizzling of juicy onions frying, I smell the sweet aroma of a delicious chocolate cake baking and I lick my lips at the sight of the crispy cooked chicken like a puppy getting a new chew toy.
 - My dream is to be a famous singer. I hear the rhythm of the song like the beat of my heart, see the boisterous crowd jumping up and down by those flashing lights and feel the tingling of each word I sing, throb out of my mouth as I make wonderful music.

Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "I'm Dreaming Passion Map 1"! 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!

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



Day Three Physical Activity

"Show Me Why"

Overview

Today's activity is about reinforcing the effects of physical fitness, playing charades, and being physically active!

Lesson

This activity is best played with at least three people.

- With pieces of paper or index cards, write the reasons that physical fitness is important (each reason on its own card).
- Example reasons could include:
 - Helps you to play well and avoid injury.
 - Gives you more energy for your school work, daily activities and play.
 - Reduces stress levels.
 - Makes the heart pump more efficiently (more blood/oxygen is distributed with fewer heart beats).
 - Reduces the risk of heart disease.
 - Helps lower blood pressure and resting heart rates.
 - Strengthens bones and muscles.
 - Helps maintain a healthy body weight.
- Use the cards to play charades. One person must act out the reasons listed on the index cards (ex: show that their muscles and bones are stronger). This can be played with or without allowing talking. If you allow talking, choose certain words that aren't allowed to be said.
- The other players must guess the reason that is being performed. Next, switch roles of who is acting and guessing until all of the index cards have been acted out
- To wrap up, come up with an exercise for each index card and do the intended exercise as you read out each card. (Ex. "It helps you to play well and avoid injury": Do 5 Push-Ups)

By sending us a photo or video of you playing, "Show Me Why", you can earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket! 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



AMERICA
SCORES
Chicago

Day Four Literacy Activity

"What's in a Song? Creating a Classic Track"

Overview

Today you will read an article and reflect on what makes a song great, define, melodies and choruses, and write your own choruses.

As a reminder, a **chorus** is part of a song that recurs at intervals, usually following each verse.

A **melody** is one of the most basic elements of music. A note is a sound with a particular pitch and duration. String a series of notes together, one after the other, and you have a melody. The melody of a piece of music isn't just any string of notes; it's the notes that catch your ear as you listen.

Lesson

Read the excerpt from the article below titled, "Jay-Z on What Makes a Classic Track" from *Rolling Stone* magazine and underline or highlight what the *main idea* of the paragraph is.

"A great song doesn't attempt to be anything — it just is.

When you hear a great song, you can think of where you were when you first heard it, the sounds, the smells. It takes the emotions of a moment and holds it for years to come. It transcends time. A great song has all the key elements — melody; emotion; a strong statement that becomes part of the lexicon; and great production. When I'm writing a song that I know is going to work, it's a feeling of euphoria. It's how a basketball player must feel when he starts hitting every shot, when you're in that zone. As soon as you start, you get that magic feeling, an extra feeling. Songs like that come out in five minutes; if I work on them more than, say, 20 minutes, they're probably not going to work.

When I was starting out, I was just trying to tell stories. I wasn't thinking about melodies. Then I started to marry storytelling with every-thing I was learning from all these other great records: the great writers like Babyface and Lionel Richie; Rakim's technique and syncopation; Dre's whole package on the *Chronic* albums; Quincy Jones, the greatest producer of all time; Rick Rubin, who's not too far behind because of all his genre-jumping."

After reading the excerpt, please write your responses to the following questions in your journal or sheet of paper:

- Do you agree with what Jay-Z said in the article? Why or why not?
- Was there anything in the article that surprised you?
- What were some of the main ideas of the article?
- Which of the sentences that you highlighted communicates the overall message that Jay-Z was trying to convey?



- Now, write an example of a chorus from your favorite song.
 - Why is it your favorite? What makes it good?

Write and recite the chorus to a current pop song. Keep in mind that one of the components of a good chorus is a strong melody.

- Examples of well-known songs with the same melodies include: ABCs, Twinkle Twinkle Little Star (written by Mozart), and Bah-Bah Black Sheep all have the same melody—familiar melodies make catchy choruses
- Create a list of melodies that you like and may want to use for a song chorus- include some familiar nursery rhyme melodies if that is easier.
 - Count the number of syllables in your selected melody
 - Syllable: A word can be divided into syllables. Each syllable is a sound that can be said without interruption and is usually a vowel which can have consonants before and/or after it. Create your own melody or rewrite a chorus to a popular melody.
 - If you choose to rewrite your chorus, you will need to count out and match the original syllables to that melody.
 - Example (Rewriting a chorus to a popular melody): "Yeah, I'm gonna take my kite to the old town field, I'm gonna fly it 'til I can't no more" (Old Town Road)

By sending us a photo or video of you playing, "What's in a Song? Creating a Classic Track", you can earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket! 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 Five Game Day

"Nutrition Myth-Busters"

Overview

Today's Game Day activity helps you learn nutrition by guessing which statement is a myth or the truth.

Lesson

For the following statements, circle which you think is the TRUTH (T) or a MYTH (M).

Eating too much sugar causes diabetes. T or M

Carbohydrates, like bread and pasta, cause you to gain weight. T or M

Skipping meals is really bad for you, especially breakfast! T or M

Gatorade is a better fluid choice than water. T or M

Fruits and vegetables can help you stay hydrated! T or M

Food affects your ability to play soccer and be active. T or M

If you have a vitamin supplement every day, you don't need to eat fruits and vegetables. T or M

~~ Review the Answer Key on the next page to check your answers! ~~

Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "Nutrition Myth-Busters"! 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



**AMERICA
SCORES
Chicago**

ANSWER KEY

Eating too much sugar causes Type 2 Diabetes. T or **M**

- Eating too much food, in general, is the main cause for Type 2 Diabetes. Diabetes makes your body unable to process sugar properly, but eating too much sugar is not the cause. However, it does not help! Be sure to eat lots of fruits and vegetables and get regular exercise to stay fit!

Carbohydrates, like bread and pasta, cause you to gain weight. T or **M**

- Eating too many calories will cause you to gain weight, no matter where they come from. Research has shown that diets higher in complex carbohydrates, fruits, and vegetables will keep you leaner than a diet high in protein and fat. A balanced diet, incorporating the whole food pyramid, is the best bet!

Skipping meals is not recommended for you, especially breakfast! **T** or M

- Skipping meals slows down your metabolism, which is what is responsible for burning all the food you eat. Your body is really smart: if there is no food coming in, it does not work as hard; you have to remind your metabolism to keep working by eating regular meals! Studies have shown that kids do much better in school when they eat a good breakfast.

Gatorade is a better fluid choice than water. T or **M**

- Gatorade does provide much-needed electrolytes and vitamins/minerals and is great for endurance sports like marathon running and triathlons, but it has a lot of added sugars that are not needed during a soccer game. Water is the best choice!

Fruits and vegetables can help you stay hydrated! **T** or M

- Fruits and vegetables have a lot of water in them: when you bite into them, juice comes out! This is a natural way to stay super hydrated and can help with drinking lots of water. Be careful – this does not mean that fruit can replace water for hydration!

Food affects your ability to play soccer and be active. **T** or M

- Eating a good meal or snack before and after a game will help you perform better and recover better. You are putting stress on your body when you play, so you need to make sure to take good care of it! Lots of fruits and vegetables will help give your body all the vitamins and minerals, healthy carbohydrates will provide good energy, and good fats and proteins will help your body grow and be strong!

If you have a vitamin supplement every day, you don't need to eat fruits and vegetables. T or **M**

- Getting all your vitamins and minerals from food is the best way to meet your needs every day. Most of the time, the vitamins in food are more easily absorbed, so your body can use it better. Food also provides good fiber and protein, which make your body strong, inside and out!