



# AMERICA SCORES Chicago

Physical Activity and Literacy Activities To Do At  
Home

Grades 6<sup>th</sup> through 8<sup>th</sup>



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

## “Wall Ball”

Today’s you’ll focus on passing, a critical soccer skill, by playing wall ball. Make sure that whether inside or outside, you have a space where you can easily pass and retrieve the ball against a wall.

### Supplies Needed

- A ball
  - If you don’t have one, check out this tutorial to make your own out of socks: <https://parents.dcscores.org/at-home-activities/soccer-activities/sockerball>

### Warm Up

1. Toe Taps
  - a. Complete 20 taps as fast as possible
  - b. Rest for 45 seconds
  - c. Complete 20 taps as fast as possible

### Wall Ball

1. Place the ball at your feet and use the inside of your foot (as you would if passing) to pass the ball towards the wall.
2. When the ball come back towards you, stop it with the bottom of the same foot.
3. Repeat 20 times.
4. Take a 45 second break.
5. Repeat steps 1-4 using your other foot.
6. After you’ve done 20 passes with each foot, repeat steps 1-4 above alternating your feet each time.

### Wall Ball Challenge

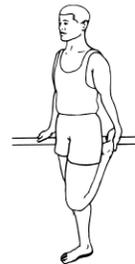
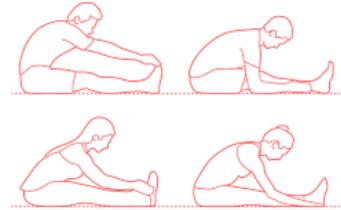
1. Once you’re fully warmed up and practiced with wall ball, try the following challenges:
  - a. See how many passes you can complete in 60 seconds using your right foot, your left foot, and both feet.
  - b. See how many passes in a row you can complete using only one touch (do not stop the ball when it comes back towards you).



- c. If you are in a place where you have two walls coming together to make a corner, see how many times you can pass to one wall then the other in 60 seconds.

## Cool Down

1. Jog in place for 60 seconds
2. Sitting hamstring stretch for 60 seconds
  - a. Sit on the floor with your legs stretched in front of you.
  - b. Try to touch your toes
    - i. If you need to bend your knees, add a slight bend
3. Standing quad stretch for 30 seconds on each leg



*Earn a Teamwork, Leadership, and Commitment (TLC) ticket by sharing a photo of you playing wall ball! We will be doing a raffle once school starts! You can:*

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



# Day Two Literacy Activity

## “Rhythm and Rhyme in Poetry”

While not all poems have to have rhythm, many poets choose to incorporate rhythm in their rhymes. Today you'll focus on writing a poem using a rhythm that you choose. Poems that have rhythm and rhyme can be very silly and funny, but they can also convey deeper, more powerful messages using rhythm and rhyme as the medium.

When working with rhythm and rhyme as poetic devices, it is important to utilize **couplets** and **refrains**.

- Two lines that rhyme together are called a *couplet*
- A line that repeats throughout the poem to add emphasis is called a *refrain*

Read the Maya Angelou poem on the next page and take note of the rhyming patterns. If you are able to print this packet out, it might help so you underline the poem.

- Underline or write down all of the rhyming words
- Choose one stanza (or the whole poem) and read in a non-rhythmic voice by applying equal stress to every single words, even the all the little words.
  - How does that sound? Was it easier or harder to pay attention?
- Read that same stanza (or the whole poem) in your most rhythmic, sing-song voice. It may be helpful to clap a beat along to enhance the rhythm.
- What refrains did you see?

Here is another example of a poem with rhythm and rhyme:

### **Sounds Like It!**

*Arden Davidson*

*Tick Tock. Tick Tock.*

*Funny how it rhymes with clock.*

*Rub-a-dub, Rub-a-dub, Rub-a-dub, dub*

*Funny how it rhymes with tub.*

*Plip, plop. Down the drain.*

*Funny how it rhymes with rain.*

*Splish, splash. Slip, slop.*

*Funny how it rhymes with mo.*

*Yummy, yummy. Slurp, slurp, slurp.*

*Funny how it rhymes with burp.*

*If words sound just like what they do,  
what words, ya think, would rhyme with you?*



## Literary Moment: Rhythm and Rhyme in Poetry

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### **Life Doesn't Frighten Me** by Maya Angelou

Shadows on the wall  
Noises down the hall  
Life doesn't frighten me at all  
Bad dogs barking loud  
Big ghosts in a cloud  
Life doesn't frighten me at all.

Mean old Mother Goose  
Lions on the loose  
They don't frighten me at all  
Dragons breathing flame  
On my counterpane  
That doesn't frighten me at all.

I go boo  
Make them shoo  
I make fun  
Way they run  
I won't cry  
So they fly  
I just smile  
They go wild  
Life doesn't frighten me at all.

Tough guys in a fight  
All alone at night  
Life doesn't frighten me at all.  
Panthers in the park  
Strangers in the dark  
No, they don't frighten me at all.  
That new classroom where  
Boys pull all my hair  
(Kissy little girls  
With their hair in curls)  
They don't frighten me at all.

Don't show me frogs and snakes  
And listen for my scream,  
If I'm afraid at all  
It's only in my dreams. I've got a  
magic charm  
That I keep up my sleeve,  
I can walk the ocean floor  
And never have to breathe.

Life doesn't frighten me at all  
Not at all  
Not at all  
Life doesn't frighten me at all.

**About the poet:** Dr. Maya Angelou is a renaissance woman having worn many hats including: writer, poet, historian, dancer, actress, singer, playwright, director, and civil rights activist. She has written six memoirs, one of which, "I Know Why The Caged Bird Sings" is considered her masterpiece. She has been nominated for many awards including the Pulitzer Prize for her poetry and a Grammy Award for her spoken word albums.

Try writing your own poetry that demonstrates strong rhythm and rhyme. If it is helpful, think about writing the lyrics to a rap or words to a cheer.

Here is a list of sounds and blends that might help you with rhyming:

**BL, BR, CH, DR, FL, FR, GL, GR, KL, KR, PR, SH, SHR, SL, ST, STR, TH, THR, TR**

If there is one line you particularly like, add it as a refrain in the poem.

*Earn a Teamwork, Leadership, and Commitment (TLC) ticket by sending us a copy of your poem! We will be doing a raffle once school starts! Don't have to paper to write on? Type the poem and send it to us. We'd also love to share it out on Facebook, Instagram, and Twitter! You can:*

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# Day Three Physical Activity

## “Plyometrics”

Today you will focus on plyometrics. **Plyometrics** are drills or exercises designed to produce power. You may have heard this referred to as “jump training”. Plyometrics helps with your ability to run faster, jump higher, and maneuver in different directions while playing sports.

During this activity, you’ll warm up and then perform the activities listed below for a specific amount of time. If you aren’t familiar with plyometrics, here is a list of the activities:

- **Jump Squat:** Feet parallel and shoulder distance apart slowly lower into a squat. Quickly explode up and then land gently. Repeat.
- **Run-Stance Squat:** Start with feet in a ready to run stance. Perform 4 squats. After the fourth squat jump and twist (180) to face the opposite direction. Repeat.
- **Airborne Heisman:** This is lateral leaping. Start with feet together and jump sideways landing on one foot and bring the other knee to the chest (pose). Repeat back and forth
- **Swing Kick:** Stand directly behind a chair and lift one leg after another, back and forth over the chair. Use the seat of the chair if the back is too high.
- **Squat Reach Jump:** This is the same as the Jump Squat but this time when you jump reach up into the air as high as you can. Repeat.
- **Run-Stance Squat Switch:** This is the same as the Run-Stance Squat except this time you will twist after every squat instead of every 4. Repeat.
- **Double Airborne Heisman:** This is the same as the Airborne Heisman except when you switch directions you should take to lateral (sideways) high knee steps before landing in your pose. Repeat back and forth.
- **Circle Run:** Roll up a towel or shirt and place it on the ground. Without looking at the towel/shirt you will run in a clockwise direction (try to keep your head and shoulders up and not look at the ground) then halfway switch to a counter-clockwise direction.



## Warm Up

1. Dynamic Lunges
  - a. Complete dynamic lunges by moving from end of the room to the other while doing lunges. Instead of doing lunges in one place, this will help you warm up even more.
  - b. You will use your quads and hamstrings a lot in these activities – so you want to make sure that they are very warmed up!
2. 30 seconds of Mountain Climbers
3. 30 seconds of standing or seated Toe Touches
4. 30 seconds of Jumping Jacks

## Plyometrics Activities

- Jump Squats for 30 Seconds
- Run-Stance Squats for 30 seconds
- Airborne Heisman for 30 seconds
- Swing kicks for 60 seconds Repeat exercises 1-4
- Squat Reach Jump for 30 seconds
- Run-Stance Squat Switch for 30 seconds
- Double Airborne Heisman for 30 seconds
- Circle Run for 60 seconds (change direction after 30 seconds) Repeat Exercises 5-8.

## Cool Down

1. Jog in place for 60 seconds
2. Knee to chest stretch for 30 seconds each leg
  - a. Lay down on the floor with your legs outstretched. Hug one knee to your chest, then the other.
3. Lunge stretch for 30 seconds each leg

*Earn a Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo of you doing your plyometrics activities! We will be doing a raffle once school starts! You can:*

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# Day Four Literacy Activity

## “Anaphora Poems”

**Anaphora** is a poetic technique where the poet uses repetition of the same word or phrase at the beginning of each line of the poem.

- It is different from a refrain because it is always repeated at the beginning of each line, clause, phrase, or sentence in a poem.

An example of *anaphora* is Martin Luther King’s “I Have A Dream” speech:

**“I have a dream** that one day this nation will rise up, live out the true meaning of its creed: “We hold these truths to be self-evident, that all men are created equal.”

**I have a dream** that one day on the red hills of Georgia, sons of former slaves and the sons of former slave-owners will be able to sit down together at the table of brotherhood.

**I have a dream** that one day even the state of the Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

**I have a dream** that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character...”

To get started with brainstorming your own poem, write down ten lines that start with either:

- “My dream is...”
- “My team is...”
- “When I am older, I will...”
- “My family is...”
- “Stuck inside, I am...”

Be as creative and imaginative with each line as you can be. The sentences you write do not have to be realistic – they can be hopeful, fantastically, etc. Take risks with what you write!

Once you have your ten lines, put them together in a poem!

*Earn a Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo of your poem! You will get one ticket for EACH poem you write! We will be doing a raffle once school starts! Don’t have to paper to write on? Type the poem and send it to us. We’d also love to share it out on Facebook, Instagram, and Twitter! You can:*

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## Day Five – Game Day!

You may have learned about **anagrams** during a SCORES poetry lesson or in school. An *anagram* is a word, phrase, or name formed by rearranging the letters of another.

- For example – *cinema* can be rearranged to be *iceman*
- Sometimes anagrams are real words, and sometimes they aren't!

For the following activities, solve the four anagrams and then determine what the four words have in common.

- For example:
  - I PLOT*
  - TRAITS*
  - DENTS IT*
  - RANGER ED*
  - The four words are:
    - Pilot
    - Artist
    - Dentist
    - Gardener
  - They are all words that describe *jobs people do*

Test your skills with the examples below!

|   |  |  |  |  |
|---|--|--|--|--|
| SHINGLE<br>HIS NAPS<br>SHE NICE<br>MANGER | ELK PIC<br>MUD RATS<br>A MOTTO<br>THE PUCK | THICKEN<br>BOREDOM<br>BEAN STEM<br>HAM ROBOT | MANY DO<br>SEA DUTY<br>SANDY WEED<br>YARD HUTS | A GONER<br>LOVE IT<br>PULPER<br>QUITE SOUR |
|---|--|--|--|--|

The answers are on the next page!

When you are finished with as many of the puzzles as you can do, send a photo to [info@chicagoscores.org](mailto:info@chicagoscores.org) or 224-801-2365 for a virtual TLC ticket!



|   |   |  |   |   |
|---|---|--|---|---|
| ENGLISH<br>SPANISH<br>CHINESE<br>GERMAN<br><i>Languages</i> | PICKLE<br>MUSTARD<br>TOMATO<br>KETCHUP<br><i>Condiments</i> | KITCHEN<br>BEDROOM<br>BASEMENT<br>BATHROOM<br><i>Rooms</i> | MONDAY<br>TUESDAY<br>WEDNESDAY<br>THURSDAY<br><i>Days of the<br/>Week</i> | ORANGE<br>VIOLET<br>PURPLE<br>TURQUOISE<br><i>Color</i> |
|---|---|--|---|---|

