



AMERICA SCORES Chicago

Physical Activity and Literacy Activities To Do
At Home

Grades 3rd through 5th



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

“Meal Relay Race”

Overview

Today’s activity involves learning about different types of food groups and meal planning. It allows you to think quickly about what a balanced meal is and to get some exercise while in the process!

It can be played with one or multiple players! We encourage you to involve everyone that you are currently staying with.

Lesson

List of Foods

Oatmeal, Bread, Cold Cereal, Egg

Peanut Butter (Lowfat), Cottage Cheese, Apple, Orange

Banana, Yogurt (Lowfat), Milk (1%), Peas, Corn

Yams, Potatoes, Brown Rice, Beef, Chicken

Fish, Kidney Beans, Carrots, Broccoli, Spinach

- Write the foods listed above on small pieces of paper and scatter them around a room or in a yard outside if you have access to one.
- Select a leader for the first round. When the leader says “GO”, each person individually has to walk around and find a balanced meal; 1 food from each of the 5 food groups (Grains, Vegetables, Fruits, Milk, Meat & Beans -- see Chart below!)

Grains	Vegetables	Fruits	Milk (Dairy)	Meat & Beans
Bread	Carrots	Apple	1% Milk	Chicken
Brown Rice	Broccoli	Banana	Yogurt	Beef
Cold Cereal	Spinach	Orange	Cheese	Kidney Beans

- Once everyone has collected a balanced meal, they have to “prepare the meal” by running separately with each food



item paper they collected from one side of the room or yard to the other (a wall or fence) and back to place it in a hat or in a designated spot.

- After the hat/designated spot is filled with a food item paper from each food group, the meal is made. Make 2 more balanced meals.
- If you want a challenge, try timing yourself to see how fast you can “make the meal”.

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

“Lines & Stanzas”

Overview

Today you will focus on defining “line”, “line break”, and “stanza”, by identifying these features in various poems. You will learn about and discuss how line breaks affect rhythm, sound, meaning, and impact of a poem.

Lesson

Prose: the kind of writing that uses sentences and paragraphs, like in most books.

Poetry: a style of creative writing that has distinct characteristics that make it different from prose.

Line: a single row of words in a poem.

Line break: when a line of a poem stops and a new line begins.

Stanza: a group of lines in a poem.

- How is poetry different from prose? Try to write out as many reasons as you can think of!

Now, you will read the poem on the next page and write down your responses to the following questions:

- Are the lines short or long?
- Are the lines complete sentences? Is punctuation used?
- How are the lines organized? Are they grouped?
- In your opinion, why did the author make these choices?
- Is the meaning different than if this were just a regular letter? Why?

Once you’ve written out your answers, try writing your own poem!

- Brainstorm important people or things in your lives (a family member, best friend, pet, favorite food, etc.). Write a short letter (3-5 lines) to that person.
- Now use your knowledge of lines, line breaks, and stanzas to rewrite your letter as a poem. You have the freedom to divide lines however you want. The poem does not need to have full sentences, it can have different length lines, and stanzas, etc.
- Read or recite this poem to someone you’re living with.



This Is Just To Say
by William Carlos Williams

*I have eaten
the plums
that were in
the icebox
and which
you were probably
saving
for breakfast
Forgive me
they were delicious
so sweet
and so cold*

Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "Lines & Stanzas"! 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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Day Three Physical Activity

“Fantastic 40”

Overview

This activity focuses on dribbling and defending which are key parts of playing soccer. You will learn the right techniques on how to dribble and defend while practicing with a partner.

If you don't have a ball at home, you can make one out of socks! You can also do this activity just focusing on the foot work and not using a ball. If you want to make a ball out of socks, visit <https://parents.dcscores.org/at-home-activities/soccer-activities/sockerball> to learn how.

Lesson

- This activity involves 2 people: a “dribbler” and a “counter”.
- If you have space at home or able to safely go to a park nearby, we recommend that so you can play with as much space as possible. That's OK if you don't have a lot of space – you can still play this at home by running back and forth multiple times!
 - Wherever you play, try to make a rectangle to mark your space. You can do this by placing whatever objects you have at the four corners. This will help you “stay in the lines” just as you would on a soccer field!
- Line up along the side of your rectangle space (imagine you are lining up on the white line outside of a soccer field). The “dribbler” should face the space and the “counter” should stand a couple of feet in front of the “dribbler”.
- The goal is for the dribbler to dribble across the space with exactly 20 touches.
 - If you don't have a lot of space, the goal should be turn to dribble back and forth multiple times still only using 20 touches.
 - If you don't have a ball, then run forward as if you are dribbling.
 - Keep your head up while dribbling or running.
 - Do NOT use your toes - use the inside of the feet when dribbling.
- The counter moves backwards in the defensive stance, counting for the dribbler and if a ball is not being used, the counter should count to 20 seconds.



- While defending, bend your knees and stay low; don't cross your feet when sliding; watch the ball, not the player!
- Switch roles and the new dribbler tries to come back with exactly 20 touches on the ball (or running forward for 20 seconds).
- If you can both dribble or run for 20 dribbles or seconds, then you are in the "Fantastic 40" Club! Repeat three times.

By sending us a photo or video of you playing, "Fantastic 40", 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!

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Day Four Literacy Activity

“Time to Rhyme”

Overview

Today you will identify rhyming words and write your own rhyming poems. This is an important activity because it provides you with an opportunity to practice coming up with rhymes which are used frequently in writing and poetry.

Lesson

Words rhyme when they end with the same sounds – it doesn’t have to be the same words or words that sound exactly the same! You can make two lines of a poem rhyme by ending them with rhyming words.

- For example – *sun* and *done* rhyme in the same way that *sun* and *fun* rhyme

Not all poems have to rhyme, but rhyming patterns can give poems a feeling, rhythm, and flow that make them fun to write, read and perform!

Here is an example of one of our favorite rhyming poems!

A Pizza the Size of the Sun **by Jack Prelutsky**

*I’m making a pizza the size of the sun,
a pizza that’s sure to weigh more than a ton,
a pizza too massive to pick up and toss,
a pizza filled with oceans of sauce.
I’m topping my pizza with mountains of cheese,
with acres of peppers, pimentos, and peas,
with mushrooms, tomatoes, and sausage galore,
with every last olive they had at the store.
My pizza is sure to be one of a kind,
my pizza will leave other pizzas behind,
my pizza will be a delectable treat
that all who love pizza are welcome to eat.
The oven is hot, I believe it will take
a year and a half for my pizza to bake.
I hardly can wait till my pizza is done,
my wonderful pizza the size of the sun.*



Write the responses to the following in your journal (if you have one) or on a piece of paper:

- What rhyming words can you find in *A Pizza the Size of the Sun*?
- Next play a rhyming game. Come up with 5-10 words for each of the following words:
 - Cat
 - Dog
 - Run
 - Small
 - Cake
 - Ex: Star...Bar, Car, Far, Jar, Par, Tar
- Using any of the rhyming words that you came up with in the rhyming game, write a four-line rhyming poem.
- Write another four-line rhyming poem with different rhyming words that you haven't used yet.

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Day Five Game Day

“This or That”

Overview

Today’s Game Day activity is about choosing favorites related to SCORES programming.

Lesson

Complete the bracket on the next page by choosing which of the two options you prefer.

- Do you prefer to have Game Day at Harrison Park or Douglas Park?
- Would you rather perform a poem at Fall Frenzy or the Red Carpet Poetry Slam?

Once you have made your selections from the first 16 options, then make your selections from the 8 match ups. Keep making choices until one word is the ultimate winner! This can be a fun game to play with the people you’re staying with and see where you agree and disagree.

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THIS OR THAT

