



AMERICA SCORES Chicago

Physical Activity and Literacy Activities To Do At
Home

Grades 6th through 8th



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 and Agility #1”

Today’s lesson comes from our friends at DC SCORES!

Having speed and agility (definition: the ability to move quickly and easily) are important in soccer so that you can have control over both your body and the soccer ball. Great soccer players are able to move quickly in all directions on the field.

For more information and photos/videos, visit <https://parents.dcscores.org/at-home-activities/soccer-activities/speedagility-part-2>

Supplies Needed

- Five objects that can be used as markers to replace cones (unless you happen to have cones at home!)

Warm Up

1. High Knees
 - a. Stand with your feet hip-width apart. Lift up your left knee to your chest.
 - b. While standing in the same place, switch to lift your right knee to your chest. Continue the movement, switching between legs while staying in the same position.
 - c. Do as many as you can for 30 seconds, take a 45 second break, then repeat.
2. Butt Kicks
 - a. Stand up straight with your legs slightly wider than your hips. Bring one heel off the floor toward your butt.
 - b. While standing in the same place, repeat this movement on the other side, bringing that heel toward your butt.
 - c. Do as many high knees as you can in 30 seconds, take a 45 second break, then repeat.

Drill

3. Step Ladder
 - a. Set up your step ladder by putting those 5 objects in a straight line, about 1 step apart from another. Stand behind the first object.



- b. Run over the objects doing High Knees (like you did in the warm up) with only one foot landing between each cone.
- c. Continue to run over the cones alternating which knee is up and which foot is between the cones until you get to the end.
- d. Jog back to the first cone.
- e. Repeat this 10 times, rest for 30 seconds, then complete 10 more.
- f. Once you've completed this with High Knees, bunny hop over the objects. Bunny hop by jumping over the objects with both feet together (just like a rabbit).
- g. Repeat this 10 times, rest for 30 seconds, then complete 10 more.

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 sharing a photo of you completing your drill! We will be doing a raffle once school starts! You can:

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



Day Two Literacy Activity

“Mandala Poetry”

Today you are going to make your own mandala poem.

What is a **mandala**? A mandala is a circular, geometric symbol used in Indian religions. It is believed to represent the universe or “cosmos”. A **mandala poem** uses words and pictures to describe someone and is written in the shape of a circle.

Before you start working on your own mandala, here are an example for inspiration:

Mandala #1

by Diana, DC SCORES

*I am a rose, so pretty as can be
Like a swan, so elegant and pretty
Like a flute, so musical and bright
In summer so hot, and cold in the winter
So quiet and sad but happy and loud
Like fire and water, hot and cold
Never dark like a cloud, always light as the sun
Bright pink like the stars, but never dark as black*



After reading the poem, think about:

- What similes and metaphors are used in the poem?
- Are there are other poetic devices you see?
- How do the pictures compliment the poems?
- Do the pictures add anything that the words cannot describe?

Once you've reflected on the example mandala poem, start thinking about what you would use to describe yourself. Review the sample chart on the next page and then use the blank template to describe yourself.

Once you're done with the worksheet, write and draw your own mandala poem! If you don't want to add artwork – that's OK!

Earn a Teamwork, Leadership, and Commitment (TLC) ticket by sending us a copy of your mandala 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:

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



Handout

Marvelous Mandala Chart (Sample)

Directions:

Below is a partially-completed mandala chart and a few corresponding lines of poetry. Work as a group to fill in the blank spaces and/or finish the lines of poetry using the grid for guidance.

Category	Object #1: The Thing That's Most Like You	Adjective Describing Object #1	Object #2: The Thing That's Very Different From You	Adjective Describing Object #2
Animal	Grizzly bear	Gruff	Mouse	Meek
Plant			Baby's breath	Gentle
Instrument		Cool	Piccolo	Delicate
Food	Cayenne pepper	Hot-tempered		
Weather	Hurricane		Summer sunshine	
Clothes or Shoes	High Heel		Sundress	Easy-going
Furniture	Steel cabinet	Cold	Bean bag chair	

(From ANIMAL row) I feel like a grizzly bear, gruff and angry, tromping through the forest daring anyone to mess with me.

(From ANIMAL row) I don't act like a mouse, meek, quiet, and scared to speak up for myself.

(From FOOD row) I'm...

(From FURNITURE row) If you get on my bad side I will be cold to you, like a steel filing cabinet.

(From FURNITURE row) But if you're my friend then I'm...

Name

Handout

Marvelous Mandala Chart

Directions:

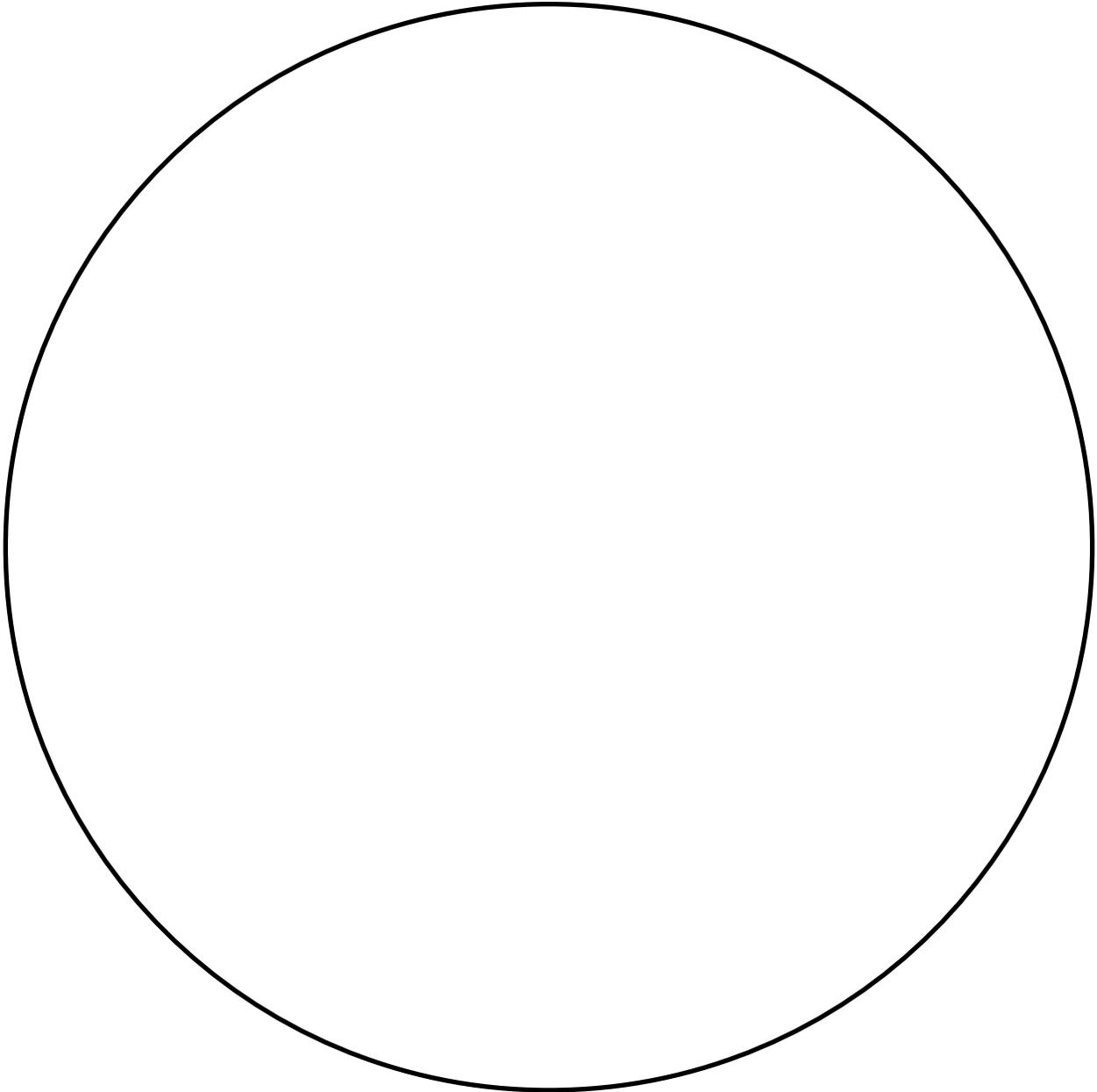
Complete the chart below to brainstorm things that are similar and dissimilar to you. Write down one describing word (adjective) for each object, as well. Then use this chart to help you write your own mandala poem.

Category	Object #1: The Thing That's Most Like You	Adjective Describing Object #1	Object #2: The Thing That's Very Different From You	Adjective Describing Object #2
Animal				
Plant				
Instrument				
Food				
Weather				
Clothes or Shoes				
Furniture				

 Name

Handout

Mandala Circle



Name

Day Three Physical Activity

“Speed and Agility #2”

Today you’re going to continue the speed and agility work you started on Day 1. You’ll start with the same warm up but do some different drills.

For more information and photos/videos, visit <https://parents.dcscores.org/at-home-activities/soccer-activities/speedagility-part-2>

Supplies Needed

- Five objects that can be used as markers to replace cones (unless you happen to have cones at home!)

Warm Up

1. High Knees
 - a. Stand with your feet hip-width apart. Lift up your left knee to your chest.
 - b. While standing in the same place, switch to lift your right knee to your chest. Continue the movement, switching between legs while staying in the same position.
 - c. Do as many as you can for 30 seconds, take a 45 second break, then repeat.
2. Butt Kicks
 - a. Stand up straight with your legs slightly wider than your hips. Bring one heel off the floor toward your butt.
 - b. While standing in the same place, repeat this movement on the other side, bringing that heel toward your butt.
 - c. Do as many high knees as you can in 30 seconds, take a 45 second break, then repeat.

Drills

1. Zig Zags
 - a. Stand to the right of the first object.
 - b. Run in between the first and second object and then quickly turn and run through the second and third object.
 - c. Continue to weave in and out of the objects until you reach the fifth one.
 - d. Once you get to the fifth object, stop and follow the same path backwards.



- e. Repeat 10 times (going both backwards and forwards), rest for 30 seconds, then complete 10 more.
2. I'm a STAR Challenge
 - a. Using the objects you've set up, complete one High Knees step ladder (what you did on the first day) then run back to the first cone.
 - b. Complete 2 STAR Jumps
 - i. Start by crouching down like a ball then jump as high as you can, extending your arms and legs out like you're doing a jumping jack. You should look like a shooting start with each jump!
 - c. Once you've done two STAR jumps, complete one bunny hop step ladder and run back to the first object.
 - d. Complete two more STAR jumps.
 - e. Once you've completed your High Knees and Bunny Hop step ladders, complete one Zig Zag forwards and backwards.
 - f. Finish with two more STAR jumps!

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 drill and/or STAR jumps! We will be doing a raffle once school starts! You can:

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



Day Four Literacy Activity

“Riddle Poetry”

Riddles are a great way to exercise your mind and practice your critical thinking skills! The examples in this lesson will focus on riddles around fruits and vegetables, but you are free to write about whatever you want!

Before you start writing your own riddles, read the examples below. The answers to each riddle are on the next page.

Riddle #1

*I'm unique of all fruits 'cause I don't grow from trees
I'm from large plants, giant herbs that grow in the breeze
A great source of instant energy and Vitamin C
I help muscles contract properly – potassium's in me
I'm rich in Vitamin B6, you can bake me with bread
You don't want to eat my skin – try inside instead
I taste great on intake. Substitute me for sweets
Somebody say my name on the count of three! 1, 2, 3...*

Riddle #2

*I'm green. Boil me quick or some people steam me up.
I'm rich in nutrients and help fight anemia.
Eat me raw with salad dressing or cook me with cheeses.
I lower the risk of stroke and heart diseases.
Mix me up with some pasta – I'm good in a salad batch.
See, I help reduce the risk of cataracts.
A lot of kids don't like me. It's so hard to be me.
Somebody say my name on the count of three. 1, 2, 3...*

Riddle #3

*I have antioxidants. I am a cleansing food.
I help soothe joint problems. My fibers help you poo.
I'm best when eaten fresh. Rinse me off if you're paranoid.
Red, green or yellow, my skin contains flavonoids.
Some people bake me in pies or squeeze me to juice.
Large quantities encourage decay of the tooth.
I can reduce blood cholesterol levels for free.
Somebody say my name on the count of three. 1, 2, 3...*



Riddle Solutions:

#1 – Bananas

#2 – Broccoli

#3 – Apples

Now, it's your turn to try some riddles about fruits and vegetables! Use the worksheet on the next page to research some foods and pick at least one to write about. Ask yourself:

- What vitamins are in this food?
- What part of the body does it help?
- What kind of foods or drinks can be made from it?

Try to follow this format if you're feeling stuck:

- Lines 1 and 2 – What does your food look like (color, shape, size, etc.)?
- Lines 3 and 4 – Where does your food come from?
- Lines 5 and 6 – How does your food help your body? What vitamins does it have?
- Lines 7 and 8 – What recipes are your food best known for?

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:

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



Vary your protein food choices

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries;</p> <p>add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, break-fast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

Switch to skim or 1% milk

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
 To find amounts personalized for you, go to ChooseMyPlate.gov

Eat 2½ cups every day	Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day
<p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>



Look out for sale sodium in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks such as soda. Eat sugary desserts less often.

Make food that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie/day diet.

Be physically active your way!

Pick activities you like and do for at least 10 minutes at a time, every day. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents—60 minutes or more a day will keep you fit!

Adults should get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



U.S. Department of Agriculture—Center for Nutrition Policy and Promotion, August 2011, CNP
 USDA is an equal opportunity employer.

Day Five – Game Day!

Today's Game Day activity is a visual puzzle. Try to solve as many **rebus puzzles** as you can. Rebus puzzles use visuals that put a different spin on words or parts of words that are well known. The next page contains 20 rebus puzzles and the page after that has the answers.

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



REBUS ROUNDUP

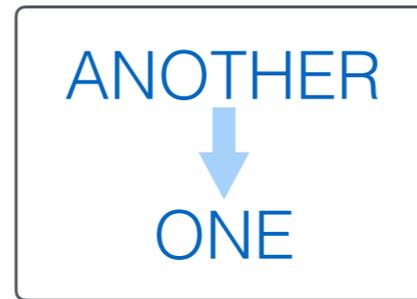
Rebus puzzles use visuals that put a different spin on words or parts of words that are well known. Figure out the word or phrase for each of these rebus puzzles and write it underneath.



1 _____



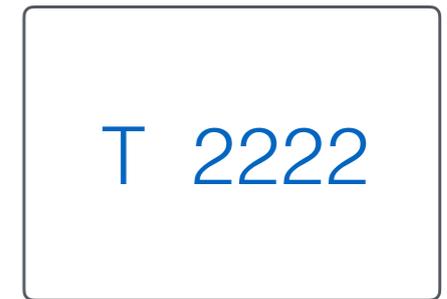
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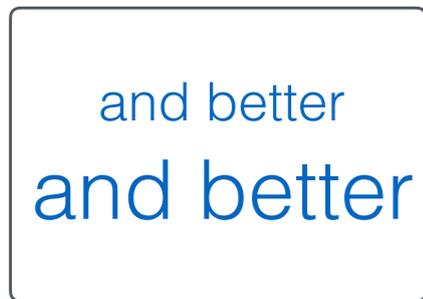
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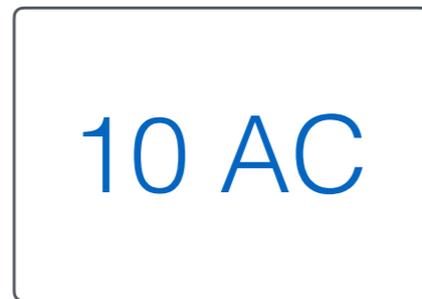
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5 _____



6 _____



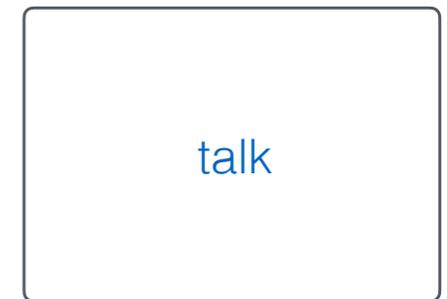
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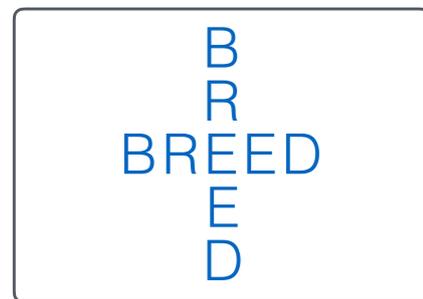
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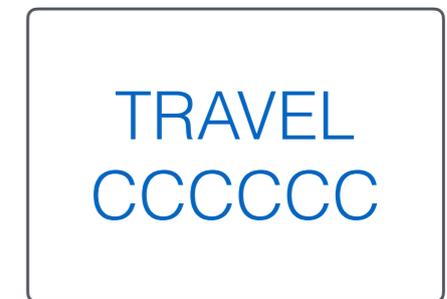
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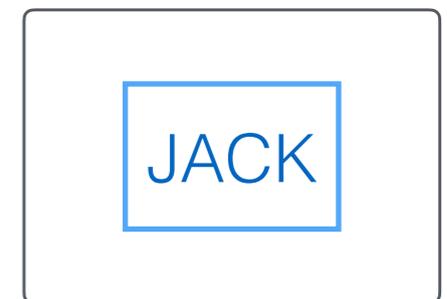
17 _____



18 _____



19 _____



20 _____

Rebus Puzzle Answers

1. Split decision
2. Middle age
3. One after another
4. Editor in chief
5. Tea for two
6. Bigger and better
7. Tennessee
8. Moral support
9. Forget it
10. Small Talk
11. Cross breed
12. Half-hearted
13. Mixed metaphor
14. Sideshow
15. Travel overseas
16. Top secret
17. Painless operation
18. Get up and go
19. Small talk
20. Jack in the box

