



AMERICA SCORES Chicago

Physical Activity and Literacy Activities To Do
At Home

Grades 6th - 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

"V-Cut Exercises"

Overview

For this activity, you will work out your oblique and abdominal muscles to strengthen your core.

Lesson

Here are some of the exercises you can do to obtain strong abdominal muscles. You can complete them on your own or as part of your fitness routine.

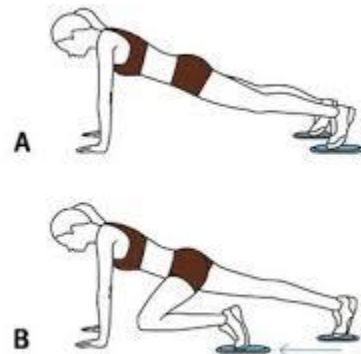
Boat Pose:

1. While seated on the floor, bend your knees and extend your legs with your feet pointing toward the ceiling. Your legs should be at about a 45-degree angle.
2. Lift your arms alongside your torso with your palms facing in.
3. Engage your core and breathe deeply.
4. Do 4 sets of 1 minute holds.



Mountain Skater:

- Come into a plank position.
- Move your right knee toward your left elbow.
- Then bring it back to the starting position.
- Next, bring your left knee to your right elbow -- all while maintaining a plank position.
- Complete 20 reps (5 for each knee/elbow)



Reverse Crunches:

1. Lie on your back with your knees bent and your feet pressing into the floor.
2. Press your palms into the floor alongside your body.
3. Engage your core, roll your hips off the floor, and pull your knees in toward your chest.
4. Pause for a moment and return to the starting position.
5. Do 2 to 3 sets of 12 to 20 repetitions. sets of 10 to 15 repetitions.



Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you performing "V-Cut Exercises"! 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

"Acrostic Poetry"

Overview

Today's activity focuses on acrostic poetry and using those poems as opportunities to reflect on the past few months. Thank you to our friends at America SCORES New York for the activity!

As a refresher, an **acrostic poem** is a poem where certain letters in each line spell out a word or phrase. Typically the first letters of each line are used to spell the message, but they can appear anywhere.

Lesson

Answer and reflect on these questions in your journal or piece of paper.

1. Remember the month of March?
2. How was it for you?
3. How did you feel during this month?
4. What are some things you observed during the month of March?

On a sheet of paper, write down vertically the word "MARCH" in capital letters. For each letter you can write a word or verse that begins with the same letter and draw or paste an image to express how the month of March means and looks like to you.

Example:

M- Monday morning meetings are blue without my crew; though we make up for it virtually, that's just what we do.

A- A nightmare turned reality, I'd rather be with you.

R- Relaxing? Um, maybe for a few.

C- Comfy, cozy, calming clothing.

H- Healthy, handsome, hungry hippo.

Come up with 2 more acrostic poems for the months of April and May, basing them off of how those months were for you, how they made you feel and what you did and saw.

Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "Acrostic Poetry"! 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

"The Running Relay"

Overview

This activity helps you practice your speed and agility in running while brushing up on your teamwork skills. "Running Relay" is best with a small group, but can be played one-on-one, or individually. This activity is best placed outside if it is safe to do so. If you can't play outside, try to create space inside.

Lesson

- Create two teams and have the teams line up facing the same direction with some space in middle separating the two.
- Place a cone or an object about in front of each line as far away as you can in the space you have and place a soccer ball next to the object.
 - You'll need two soccer balls.
 - If you don't have a soccer ball, make one out of socks. Learn how here: <https://parents.dcscores.org/at-home-activities/soccer-activities/sockerball>
- Each person alternates calling out "GO". On "GO," the first player at the front of each line will run to their object as fast as they can.
- When the players reach their object, they complete 10 squats, then run around the object in a circle 5 times.
- They should dribble the ball back to the next player in line, who will then dribble to the cone, around it, and back.
- The process repeats until one team wins the relay race by being the fastest to complete it.
 - If you're playing one-on-one, the first player who dribbles to the cone, around it, and back is the winner
 - If you're playing individually, time yourself, then complete 2 additional rounds to see if you can beat your fastest time!

By sending us a photo or video of you playing, "The Running Relay", 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

“Get Up and Move”

Overview

Group and line dances are really popular. Today’s activity gives you the chance to try and write your own line dance.

Lesson

Answer the questions or follow the instructions by writing this down in your journal.

1. Do you know songs like the Cha Cha Slide, YMCA or the Chicken Dance? If so, sing and dance to them.
2. Do you like to dance? Why or why not?
3. What kind of music do you like to dance to and why?
4. Do you like to dance alone? In a small group? In a large group?
5. In your opinion, where are the best places in Chicago to dance?
6. Why do you think people have enjoyed dancing since there first was music?
7. What emotions do you feel when you are dancing?
8. Brainstorm dances/dance songs (Ex. The Electric Slide, The Stanky Leg, The Macarena, The Twist, The Cha-Cha Slide, The Butterfly, The Superman, etc.)
9. Create a dance with your own moves and use some of the dance moves listed above. Start by creating numbered step-by-step instructions of exactly how to do the dance. For example:
 - Nod your head up & down
 - Now, move your hips back & forth, etc.
10. Make your dance into an instructive song, complete with a catchy chorus that repeats the name of your new dance. (ex. “YMCA: it’s fun to stay at the Y-M-C-A”)

By sending us a photo or video of you playing, “Get Up and Move”, 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 Five Game Day

"Safety Tips True or False"

Overview

This activity is designed for you to learn about safety in soccer and in daily life. This activity lets you decide whether a statement is true or false.

Lesson

For the following statements, circle either "T" for True or "F" for False.

1. It is always a good idea to put ice on an injury. T or F
2. You don't need to call an ambulance if someone is unconscious. T or F
3. Move an injured person; don't wait for the ambulance. T or F
4. Never stretch before a soccer game. T or F
5. If you or someone on the team gets hurt, always tell the coach. T or F
6. If it is really hot outside, soda is better for your body than water. T or F
7. Crosswalks aren't important; you don't need to use them. T or F
8. Don't talk to strangers or accept anything from them (like candy). T or F

~~ 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 "Safety Tips True or False"! 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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ANSWER KEY

1. It is always a good idea to put ice on an injury. [True]
2. You don't need to call an ambulance if someone is unconscious. [False]
3. Move an injured person; don't wait for the ambulance. [False]
4. Never stretch before a soccer game. [False]
5. If you or someone on the team gets hurt, always tell the coach. [True]
6. If it is really hot outside, soda is better for your body than water.
[False]
7. Crosswalks aren't important; you don't need to use them. [False]
8. Don't talk to strangers or accept anything from them (like candy).
[True]



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