



# AMERICA SCORES Chicago

Physical Activity and Literacy Activities To Do  
At Home

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



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

## “Fitness Explorer”

### **Purpose of this Activity:**

To increase your heart rate, improve your physical fitness, and spend time in each room of your house.

### **Instructions:**

This game uses every room in your house so make sure to ask your parents or siblings which rooms are allowed and which are off-limits.

- For **each** room in your house, complete one physical activity chosen from the list below
- If you run out of rooms, do the activity outdoors or go to a room you’ve been in already
- If you have stairs in your home, run up and down them each time before you start a new exercise in a different room

### **List of Physical Activities:**

- 50 Jumping Jacks
- 1-minute Plank
- 15 Burpees
- 50 Bicycles (abs)
- 20 Push-Ups
- 50 Mountain Climbers
- 15 Lunges each leg (30 total)
- 50 Calf Raises
- 50 High Knees
- 25 V Up/Roll Up
- 50 Mason Twist/Boxers/Russian Twist
- 1-minute Wall Sit
- 50 Butt Kicks

*Earn a Teamwork, Leadership, and Commitment (TLC) ticket by sharing a photo and/or video of you completing the “Fitness Scavenger Hunt”! We will be doing a raffle once school starts. To submit the photo/video, you can:*

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



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# Day Two Literacy Activity

## “Epistle Poetry”

### Overview

Today, you will explore Letter Poems and experiment with writing letters as poems, using the placement of line breaks to enhance rhythm, sound, meaning, and appearance. To demonstrate your understanding of letter writing and the use of line breaks, you will write your own Letter Poem.

“**Epistle**” is another word for a letter. An Epistle Poem sounds like a letter, but is written in the structure of a poem using lines and stanzas.

### Warm-Up

Using your journal (if you keep one) or sheet of paper, reflect and answer the following questions:

- If you could write a letter to anyone in the world, who would it be?
- What would you say in the letter?
- What are some examples of letters that you may have written or received?
  - For example: letters to friends, thank you letters, letters of apology, letters you wrote but didn't send.
    - How did it make you feel to get a letter?
    - How did it feel to send one?
    - Are there any ways, other than the mail, that we can send a letter to someone?

### Lesson

In poetry, the author uses line breaks and stanzas to create rhythm, create a specific shape to the written body, and isn't required to use capitalization. Can a letter be a poem? Can a poem be a letter?



Read the Epistle Poem, *Dear Bully* below.

***Dear Bully***

***by Brianna, America SCORES Chicago***

*Dear Bully,*

*I saw what you did. Why were you picking on my friend? Why do you bully kids in school? Is it because you've been hurt? Just because you have been hurt doesn't mean that you have to hurt others. Fighting is never an option. I really hope you stop bullying others and feel better. This may surprise you but you have all my trust. I know that you can stop because I have been there too feeling like no one is on my side. But now I'm not a bully. Doesn't bullying make you feel worse? Would you like it if people bullied you? I don't think so! I hope that you can find a solution to your problems that has nothing to do with bullying.*

*Sincerely, Brianna*

**Task**

Write your own 10-line epistle poem with a topic you are passionate about.

Prompts/Examples of Passions

1. Are you concerned with the environment and want things to be changed?
2. Do you want there to be equal pay in women and men's soccer?
3. Are you fed up with COVID-19 and excited for a solution to end this pandemic?

*Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you doing the "Epistle Poetry" activity! 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



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# Day Three Physical Activity

## “Lunges & Squats Variations”

### Overview:

Lunges and squats are both good exercises for the glutes and leg muscles. These exercises are important as you frequently use your glute and leg muscles in daily life and especially when playing soccer with SCORES.

### Variations:

Try all 3 of these variations of lunges and squats in order of the list below. Follow the instructions for each lunge/squat!

- Basic Squat
- Walking Lunge
- Alternating Side Lunge

### Basic Squat:



- When squatting, pretend you are sitting in a chair, and keep your weight in your heels.
- Place your feet shoulder-width apart. Hold your hands at chest level for balance.
- Bend your knees and hips, sticking out your butt like you're sitting into an imaginary chair. Keep your chest lifted and your spine straight as you squat.
- Lower down so your thighs are parallel to the floor, keeping your knees over your ankles.
- Keep your core engaged as you press your heels into the floor to return to a standing position.
- This completes one rep. Repeat as many reps as possible for 1 minute, which completes one set. Rest for 30 seconds, then do 2 more sets!



## Walking Lunge:

- Stand up straight in “starting position”
- Take a controlled step forward
- Lower hips toward the floor and bend both knees (almost at 90-degree angles). The back knee should come close but never touch the ground. Your front knee should be directly over the ankle, and the back knee should be pointing down toward the floor (like in the photo to the right).
- Push off with your left foot and bring it forward to “starting position”
- Next, step forward and repeat with the left leg as your front leg.
- Repeat as many reps as possible for one minute. Rest for 30 seconds, then complete 2 more sets!



## Alternating Side Lunge:

- Start in “standing position”, with your feet directly under your hips.
- Step your right foot wide to the side and lean right, into a lunge, with your left fingers touching your right foot (like in the top image).
  - Keep your chest lifted and your weight in your heels.
- Push into your right foot to return to “standing position”, then lunge sideways to the left
- Then rise back up, straightening the legs completely.
  - This counts as one rep. Repeat, alternating from left to right, for one minute. Rest for 30 seconds, then complete 3 more sets!



*Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you doing the “Lunges & Squats Variations” activity! 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



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# Day Four Literacy Activity

## “Free Verse”

### Overview

You will explore Free Verse poetry and apply your knowledge to write your own free verse poems. These poems are useful because they give you a sense of freedom and flexibility with your ideas and writing. It allows you to explore your creativity without many restrictions. You will learn to write in a descriptive, creative and imaginative way through Free Verse poetry.

### Instructions

*What does a poem need to have?* While all poems have lines and stanzas, they do not need to rhyme, follow a structure, or be a certain length.

Free Verse poetry has very few rules. It can be about anything and allows you to write however you want. Free verse poetry is a very good way to tell a story about yourself.

Read *The Dark* by a poet-athlete from DC SCORES. Make note that this poem uses line breaks in interesting places.

### ***The Dark***

***by Anonymous Poet-Athlete, DC SCORES***

*I am a butterfly  
that flutters and dances in the night sky.  
In the darkness  
there is no fear that I'm scared to be seen.  
I have a dream  
there is no end in sight.  
I fly  
higher and faster than that bird that chases me.  
I can see  
my dream ahead of me.  
I spin and float  
toward the morning light.  
I am a butterfly  
that twirls and dances in the sun.*



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## Task

Write your own free verse poem about anything you want, remembering to use line breaks. We know that it can be hard to know where to start with free verse poetry, since you aren't working with any specific poetic devices or tools. Here are some questions and prompts to help you get started:

- How do you feel about not being at school?
- What would be different if you were at school now?
- What changes would you like to see once shelter in place is lifted?
- What goals do you have for yourself in high school? After high school?
- What have you learned from participating in SCORES?
- How does it feel when you play soccer? How does it feel when you write poetry?

*Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo of you completing "Free Verse"! We will be doing a raffle once school starts! We'd also love to share your SCORES knowledge on Facebook, Instagram, and Twitter! You can:*

- *Email it to us at [info@chicagoscores.org](mailto:info@chicagoscores.org)*
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# Day Five – Game Day!

## SCORES Quiz!

While we are sad we can't be on the field playing with you, that doesn't mean we can't play fun games! Here is a worksheet called "How well do you know SCORES?" Try your best! Answers are on the next page!

**Name ALL 12 SCORES cities all over America and one in Canada**

**Name ALL 11 America SCORES Chicago Fall 2019 schools**

**Name 5 SCORES Coaches/Staff:**

**What does SCORES stand for?**

***(If you don't know, create a new "SCORES" acronym)***

S:

C:

O:

R:

E:

S:

*Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo of you completing "How well do you know SCORES"! We will be doing a raffle once school starts! We'd also love to share your SCORES knowledge on Facebook, Instagram, and Twitter! You can:*

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**Name all 12 SCORES cities all over America and one in Canada**

- Vancouver (Canada)
- Seattle, WA
- Portland, OR
- Bay Area, CA
- Los Angeles, CA
- Milwaukee, WI
- Chicago, IL
- St. Louis, MO
- Cleveland, OH
- Boston, MA
- New York City, NY
- Washington, DC

**Name all 11 America SCORES Chicago Fall 2019 schools**

- Cardenas
- Catalyst
- Eli Whitney
- Hughes
- Learn 8
- Mason
- McCormick
- Orozco
- Perez
- Pilsen
- Whittier

**Name 5 SCORES Coaches/Staff:**

There are so many! Hopefully you remembered YOUR coaches' names. Here are the names of SCORES Staff that you may also remember:

- Coach Amy
- Coach Jonathan
- Coach Jess
- Coach Merary
- Coach Yesenia
- Coach Lindsay
- Coach Roy
- Coach Karlos
- Coach Joel
- Coach Amy (yes, there are two!)

**What does SCORES stand for?**

S: Soccer and

C: Community

O: Outreach

R: Responding to the

E: Educational needs of

S: Students



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