

# BELIEVE IN YOU

## TEACHER TALK

### [Week 1 Sample Script]

#### **Brain & Body Warm-Ups**

It's week 1 of physical education class and we're going to talk about 4 important things that will help make this year great for all of us — personal space, health-related fitness, trust, and enjoyment.

Personal Space is the area around a person where they feel safe. It feels uncomfortable when someone enters another person's personal space. Because of COVID-19, our personal space is bigger this year and we have to be very respectful of at least 6 feet of personal space. This is absolutely critical as we work to help everyone stay healthy and safe. So, while we're moving and are enjoying physical education activities, we will all be staying at least 6 to 12 feet away from our classmates and teachers.

The first part of our lesson helps us warm-up our brains and bodies. You can do our warm-up activities in school or at home. This week's warm-up is focused on helping us experience health-related fitness exercises. Health-related fitness is the five characteristics of personal fitness that contribute to an overall feeling of well-being. They include — aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition.

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#### **Purposeful Practice**

The second thing we need to talk about this week is Trust. Trust is a positive feeling you get when you can rely on someone or something. You can trust your physical education teachers to teach you about the benefits of living a physically active lifestyle.

It's important to have people in your life that you can trust, and also to be trustworthy for the people around you. For example, your teachers and classmates need to trust that you'll respect at least 6 feet of personal space and wear your mask. We know this will help us all stay safe and keep our families safe. We have to trust each other to do these important things.

In today's purposeful practice activity we're going to do a health-related fitness circuit to learn and practice exercises that we can do to develop our fitness in the areas of muscular strength and endurance (muscular fitness), and aerobic capacity. We'll also do full body blast exercises that will develop muscular fitness while also increasing our heart rate.

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#### **Just for Fun (and health)**

The final thing to talk about this week is why it's important for us to be physically active every day. First, we need to be active because we enjoy it. That enjoyment helps our minds and our bodies stay healthy, relaxed, and ready to learn. Sometimes the world can be a little stressful. Physical activity is a way to control that stress.

The second reason that we need to be physically active every day is for our personal health. Physical activity helps our bodies stay strong and keeps our immune system healthy so our bodies can fight disease more efficiently. If we're active every day then we're less likely to get sick. And if we do get sick, we'll get better faster.

Don't forget to complete the Physical Education questionnaire and return it to me as soon as you can.