*WEEK 1*

**ENJOY:** To have a fun time. We enjoy playing physical activity games.

**HEALTH:** Free from sickness and injury. Feeling physical, mental, and social well-being.

*We enjoy physical activity and it helps to protect our health.*

**Cone Flip Chaos: [**[**YouTube**](https://youtu.be/EH0jy3DeQ00)**]**

Try to flip the cone on its base. Land the cone for 1 point. Do 3 jumping jacks to earn 2 flips. You must jump before you flip. (Teachers, *you* flip for the class. If students flip, use disinfectant wipes on the cone after each flip.)

**Bottle Flip Chaos [**[**YouTube**](https://youtu.be/AZd8oJv6LlM)**]**

Play at home**.**

*WEEK 1*

**PERSONAL SPACE:** The area around a person where they feel safe. It feels uncomfortable when someone enters this space.

*To keep everyone safe, we must respect 6 feet of personal space.*

**30-Second Jump Routine: [**[**YouTube**](https://youtu.be/eSSKpscUMbU)**]**

We’re are going to do 3 types of Jumping Jacks: Normal Jumps, Mummy Jumps, and You-Jumps. The music will play for 30 seconds and then stop for 15 seconds. While the music plays, pick 1 type of jumping jack and jump for the full time. Rest when the music stops. When it restarts, pick a different jumping jack and start jumping.

[(Apple Music Interval Track)](https://music.apple.com/us/album/hhd-30-second-intervals-with-15-second-breaks/553186898?i=553186900)

*WEEK 1*

**TRUST:** A good feeling you get when you can rely on someone or something.

*We trust that our teachers and classmates will behave in ways that help to keep everyone safe.*

**RPS Victory Dance: [**[**YouTube**](https://youtu.be/8bjXENc3a2I)**]**

Stand at least 6’ from a partner. The object of the game is to win a round of Rock, Paper, Scissors, then do a victory dance to celebrate. You get 10 seconds to do your dance, then play another round.

**Sports Charades: [**[**YouTube**](https://youtu.be/xC5zIR1Jot0)**]**

Stand at least 6’ from a partner or group. The object is to silently act out a sport so that your partner or the group can guess what it is. Take turns acting.