

Go Be Great!



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Brain & Body Warm-Ups

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: [\[YouTube\]](#)

We're 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.

[\(Apple Music Interval Track\)](#)

Purposeful Practice

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: [\[YouTube\]](#)

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: [\[YouTube\]](#)

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.

Just for Fun (and health)

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: [\[YouTube\]](#)

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 [\[YouTube\]](#)

Play at home.