

# 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.