*WEEK 3*

**RESPECT:** A feeling of honor for the feelings and rights of others.

*We respect the health of our classmates, so we wear our masks while we’re together.*

**TEACHER / STUDENT CHOICE**

*Choose 1 (or both) Warm-Up activity.*

**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.

**Favorite Song Workout: [**[**YouTube**](https://youtu.be/iRxQvINxooY)**]**

Use the song [*20 Second or More*](https://hhph.org/20secondsormore/) by Hip Hop Public Health. Jog in place during verses. Do jumping jacks during the chorus.

*WEEK 3*

**ENCOURAGEMENT:** A feeling of support, confidence, or hope.

*The encouragement Ami felt came from positive words her friends were saying.*

**TEACHER / STUDENT CHOICE**

*Choose 1 (or both) Warm-Up activity.*

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

3 types of Jumping Jacks: Normal Jumps, Mummy Jumps, and You-Jumps. 30 sec. jump intervals. 15 sec rest intervals. [(Interval Music Link)](https://music.apple.com/us/album/hhd-30-second-intervals-with-15-second-breaks/553186898?i=553186900)

**YES or NO Body Language: [**[**YouTube**](https://youtu.be/QkcgsZ3a3aM)**]**

Ask yes or no questions. If the answer is “YES” then jog in place. If the answer is “NO” then do jumping jacks.

*-Find questions on the Yes or No Card.*

*WEEK 3*

**WELLNESS:** Good personal physical and mental health.

*Wellness is an important goal that Caleb’s family is working toward.*

**TEACHER / STUDENT CHOICE**

*Choose a Purposeful Practice activity.*

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

Dance if you win a round of RPS.

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

Silently act out a sport so that a partner or group can guess what it is.

**Best Foot Forward: [**[**YouTube**](https://youtu.be/4oNx7K2Aa2Q)**]**

Jump 3X, “1, 2, show!” Land with feet together, or feet apart. If all feet match: “same” wins. If all feet don’t match: “different” wins.