

Go Be Great!



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Brain & Body Warm-Ups

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: [\[YouTube\]](#)

3 types of Jumping Jacks: Normal Jumps, Mummy Jumps, and You-Jumps. 30 sec. jump intervals. 15 sec rest intervals. [\(Interval Music Link\)](#)

YES or NO Body Language: [\[YouTube\]](#)

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.

Purposeful Practice

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: [\[YouTube\]](#)

Dance if you win a round of RPS.

Sports Charades: [\[YouTube\]](#)

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

Best Foot Forward: [\[YouTube\]](#)

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.

Just for Fun (and health)

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: [\[YouTube\]](#)

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: [\[YouTube\]](#)

Use the song [20 Second or More](#) by Hip Hop Public Health. Jog in place during verses. Do jumping jacks during the chorus.