Go Be Great!

PHYSICAL EDUCATION

OPEN
HOME & SCHOOL
MOVEMENT MENU

PHYSICAL ACTIVITY

OPENPHYSED.ORG

Brain & Body Warm-Ups

WEEK 2

ENTHUSIASM: An important feeling you get when you're excited about a goal and are motivated to work hard.

Mr. Walker is enthusiastic about being the best teacher he can be.

Invisible Rock Garden: [YouTube]
   It's time to plant an invisible rock garden. When the music plays (use slow-tempo music), we will walk in our activity area and plant invisible rock seeds. To do that you have to be 6–12 feet from all other people. Find open space, dig an invisible hole with your invisible shovel, and then drop in an invisible rock seed. Cover the hole with invisible dirt, and water it with invisible water. It's not a race. Plant 5 invisible rocks while music plays.

Purposeful Practice

WEEK 2

PERSONAL BEHAVIOR: The actions of an individual person.

Ms. Wilder taught us to take responsibility for our personal behavior.

Invisible Rock Collector: [YouTube]
   WOW! Our invisible rock garden grew really fast! Now it's time to collect our rocks. Put on your invisible backpack. When the music plays (use slow-tempo music), walk in the activity area and carefully pick up invisible rocks and place them in your backpack. To do that you have to be 6–12 feet from all other people. Find open space, squat down by bending your knees and lift the rock into your pack. It's not a race. Collect 5–10 invisible rocks while music plays.

Just for Fun (and health)

WEEK 2

RESOURCE: Supplies, opportunities, and supports that a person can use to do a job or be productive.

Kendra can go to a park near her house to walk with her family. It's a great resource that she can use to be physically active.

Invisible Rock Buster:
   Now that we've collected our invisible rocks, it's time to break them into invisible pebbles. To do that, take 1 invisible rock out of your invisible backpack. Place it inside your personal 6-foot bubble. Jump on it 5 times — straight up and down. After you've busted an invisible rock, get a new rock and start busting again. Make as many pebbles as you can while the music plays.