

Go Be Great!

Teacher Talk

[Week 1 Sample Script]

Brain & Body Warm-Ups

It's week 1 of physical education class and we're going to talk about 4 really important things that will help make this year great for all of us.

The first thing is Personal Space. Personal Space is the area around a person where they feel safe. It feels uncomfortable when someone enters another person's personal space.

Because of COVID-19, our personal space is bigger this year and we have to be very respectful of at least 6 feet of personal space. This will help everyone stay healthy and safe. So, while we're moving and are enjoying physical education activities, we will all be staying at least 6 to 12 feet away from our classmates and teachers.

The first part of our lesson helps us warm-up our brains and bodies while respecting everyone's personal space. You can do our warm-up activities in school or at home. There's a Brain & Body Warm-Up listed on this week's movement menu with short instructions to help you remember how to play.

Purposeful Practice

The second thing we need to talk about this week is Trust. Trust is a really good feeling you get when you can rely on someone or something. You can trust your physical education teachers to find really fun games that will help keep our minds and bodies healthy and strong.

It's really important to have people in your life that you can trust, and also to be trustworthy for the people around you. For example, your teachers and classmates need to trust that you'll respect at least 6 feet of personal space and wear your mask. We know this will help us all stay safe and keep our families safe. We have to trust each other to do these important things.

Just like I promised, I have another fun game that we can play. This game is also listed on this week's movement menu with short instructions to help you remember how to play at home.

Just for Fun (and health)

The final thing I want to talk about this week is why it's important for us to be physically active every day. The first reason is because moving our bodies is fun – we enjoy being physically active. That enjoyment really helps our minds and our hearts stay healthy and ready to learn and grow. Sometimes school and other things can be a little stressful. Physical activity helps us control that stress and feel better.

The second reason that we need to be physically active every day is for our personal health. Physical activity helps our bodies stay strong so we can do great things and work toward our goals. It boosts our immune systems to help our bodies fight disease and stay healthy. If we're active every day then we're less likely to get sick. And if we do get sick, we'll get better faster.

This week look around your home for a place where you can safely be physically active. Find a place clear of furniture or clutter that you might trip on or break. Next week you'll draw a map of your physical activity area.

The final section of our movement menu has an activity we can do just for fun and health. Let's try!

