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)

WEEK 1

ENJOY: To have a fun time. We enjoy playing physical activity games.


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.