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.

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.

RPS Victory Chegg: [YouTube]
Grow from an egg, to a baby chick, to a chicken as you play RPS with a partner.

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.

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.