**BRAIN & BODY WARM-UP**

**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 to 12 feet of personal space.*

**30-SECOND JUMP ROUTINE**

* We’re are going to do 3 types of Jumping Jacks: Normal Jumps, Mummy Jumps, and You-Jumps.
* Watch the clock and jump for 30 seconds, and then rest for 15 seconds.
* Pick 1 type of jumping jack and jump for the full 30 seconds. Then rest.
* While you rest, pick a new type of jumping jack. After 15 seconds of rest, jump again.

**BRAIN & BODY WARM-UP**

**ENTHUSIASM:** An important feeling you get when you’re excited about a goal and are motivated to work toward that goal.

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

**YES OR NO BODY LANGUAGE**

* I’m going to ask you some yes or no questions.
* If your answer is “YES” then you’ll jog in place until I ask the next question.
* If your answer is “NO” then you’ll do jumping jacks until I ask the next question. Let’s try!
* *Is wellness walking good for your mental health? YES! (Jog in Place)*
* *Is it okay to only eat fruit once per year? NO!!! (Jumping Jacks)*
* *Create your own Y or N questions.*

**PURPOSEFUL PRACTICE**

**TRUST:** A good feeling you get when you can rely on someone or something.

*We trust that our teachers and classmates will behave in ways that help to keep everyone safe.*

**RPS VICTORY CHEGG**

* Stand at least 6’ from a partner. The object is to win Rock, Paper, Scissors, and “grow” from an egg, to a chick, to a chicken.
* Both partners squat down into a tucked “egg” position. Play RPS.
* The winner becomes a baby chick and raises up into a squat position. The other player stays an egg.
* Play again, if the “baby chick” wins they become a chicken and win the game. If they lose, they return to “egg” position and the other player grows into a chick.

**PURPOSEFUL PRACTICE**

**PERSONAL BEHAVIOR:** The actions of an individual person.

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

**BEST FOOT FORWARD**

* Stand at least 6 to 12 feet from a partner.
* The object is to score 10 points. You get 1 point when your foot pattern matches your pattern choice.
* Decide who is same and who is different.
* Jump 3 times and say, “1, 2, show!” Land with your feed together, or your feet apart.
* If your feet match your partner’s feet (e.g. you both landed with feet together) it’s a match and “same” wins.
* If one’s feet are together and one’s apart, then “different” wins.

**JUST FOR FUN (AND HEALTH)**

**ENJOY:** To have a fun time.

*We enjoy playing physical activity games.*

**HEALTH:** Free from sickness and injury. Feeling physical, mental, and social well-being.

*We enjoy physical activity and it helps to protect our health.*

**CONE FLIP CHAOS**

* 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.
Students, be sure to wipe the cone with a disinfectant wipe before and after you take a turn flipping.

**JUST FOR FUN (AND HEALTH)**

**RESOURCE:** The supplies, opportunities, and support that a person can use in order to do a job or live productively.

*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.*

**FAVORITE SONG WORKOUT**

* Use the song 20 Seconds or More by
Doug E Fresh and Hip Hop Public Health to get a fun workout.
* Play the song. Jog in place during verses. Do jumping jacks during the chorus. The chorus says, “Wash your hands everybody...”
* Create new workouts with more of your favorite songs.