

Go Be Great!

Menu Activity Cards



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.



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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.*



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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.



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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 feet 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.



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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.



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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.

