

OPEN[™] HOME & SCHOOL MOVEMENT MENU



3-5 LOOPY LAPS
OPENPHYSED.ORG



Brain & Body Warm-Ups

WEEK 1 of 4

COURAGE: The ability to do what's right even though you feel fear.

*Corina showed **courage** on the first day of school. She came to class even though she felt nervous.*

Foot Fire: [\[Vimeo\]](#)

We're jogging over a hot stove. When the temperature is low, we can jog in place slowly. When the temperature gets warmer, we'll jog in place faster. When the temperature is on Foot Fire, we'll sprint in place as fast as we can.

The leader will call out the temperature (cooler, warmer, foot fire). The class will follow the leader's instructions.

Purposeful Practice

WEEK 1 of 4

HEALTH: The state of being free from sickness or injury.

*Micha was in good **health** because he was physically active every day and always ate nutritious foods.*

Get Moving Circuit: [\[YouTube\]](#)

Complete each of the 3 *Get Moving Stations* in 1-min. or 30-sec. intervals.

When music is on, perform the exercise. When music stops, get ready to do the next exercise.

1. **Station 1: Jump Station.** Squat and then jump to the sky.
2. **Station 2: Move Station.** Jog in place with high knees.
3. **Station 3: Stretch Station.** Do forward lunges.

Just for Fun (and health)

WEEK 1 of 4

EXERCISE: Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an **exercise** they could do at home to improve muscular strength.*

Red Light, Green Light: [\[YouTube\]](#)

The object of the game is to move during green lights and stop on red lights. Score a point every time you stop immediately on a red light.

Teacher starts as the leader. Call *Green Light* and students jog in place. Call *Red Light* and students must freeze. Everyone who froze immediately gets 1 point.

Keep track of your own points.