



3-5 LOOPY LAPS
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Brain & Body Warm-Ups

WEEK 2 of 4

MOTIVATION: A reason to do something. The desire to reach a goal.

Jenna's motivation for wearing her mask was to keep her family healthy.

RPS Body Language: [\[YouTube\]](#)

Students pair up and stand a safe distance apart. They play Rock, Paper, Scissors with the following movements.

- Rock = Jump into low squat position.
- Paper = Jump up and land with feet and arms apart in a wide X position.
- Scissor = Jump up and land with feet straddled.

Continue playing best 3 out of 5, then switch and find a new partner. If playing via video, all students play against the teacher with each jump.

Purposeful Practice

WEEK 2 of 4

INDEPENDENT: The ability to think and act for yourself.

The students were independent and could safely move without teacher reminders.

Loopy Lap Stations: [\[YouTube\]](#)

There are 4 loopy lap stations set up in the activity area. At each station there is a station sign with an exercise to perform for 30 seconds. After 30 seconds, we'll rotate to the next station. As you rotate, perform the loopy lap locomotor activity listed on the station card. For example, one card says, "Skip to the next station."

We'll continue rotating and see how many complete loopy laps we can do during our class period.

Just for Fun (and health)

WEEK 2 of 4

BALANCE: Upright and steady.

Steffano was able to keep his balance while he stood on 1 foot.

Mirror, Mirror: [\[Vimeo\]](#)

Introduce the game with students on floor spots facing the teacher. Teacher starts as the leader. Students mirror teacher's movements.

Next, students face a partner (6'+ apart). One partner leads, the other mirrors. The leader makes safe movements. The mirror follows along.

NOTE: If playing via video meet, the teacher starts as the leader, the students mirror. Freeze the game and assign a student as the leader.