

OPEN[™] HOME & SCHOOL MOVEMENT MENU



3-5 LOOPY LAPS
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Brain & Body Warm-Ups

WEEK 3 of 4

RELAX: To become less anxious. To de-stress.

Kendra used equal breathing is a way to help the body and mind relax.

Music Mania: [\[YouTube\]](#)

Music Mania is a Walk/Jog interval activity. It can be done jogging and walking in place, or it can be done with a large jogging lap area.

When the music plays, everyone jogs. When the music stops, everyone walks. Use interval music to start and stop music.

[Interval Music on Apple Music](#)

Purposeful Practice

WEEK 3 of 4

HEART: The muscular organ that pumps blood through the body.

Your heart is a muscle that gets stronger when you exercise.

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 3 of 4

EMOTION: A natural feeling that happens because of a specific situation or in a specific environment.

Happiness is a good emotion that everyone wants to feel.

Laptastic – with Plank: [\[YouTube\]](#)

This is an activity that is good for our aerobic capacity and our muscular fitness.

It can be done jogging in place, or with a large jogging lap area.

When the music plays, everyone jogs. When the music stops, everyone drops into plank position until the music starts again. Use interval music to start and stop music.

[Interval Music on Apple Music](#)