*WEEK 4 of 4*

**IMPROVE:** To become better.

*Johnna worked to improve his balance so he could easily stand on 1 foot.*

**TEACHER / STUDENT CHOICE**

*Choose 1 (or both) Warm-Up activity.*

**Red Light, Green Light: [**[**YouTube**](https://youtu.be/ekMs1FAJNrA)**]**

Green Light: Move. Red Light: Freeze. 1 point for stopping immediately.

**Mirror, Mirror: [**[**YouTube**](https://vimeo.com/410411817)**]**

In pairs (or with a class leader), 1 student performs movements, the other mirrors the movements.

**Laptastic – with Plank: [**[**YouTube**](https://youtu.be/usxGWiskCf4)**]**

Jog when the music plays. When the music stops, drop into plank position.

*WEEK 4 of 4*

**PURPOSE:** The reason for doing something.

*Izzi’s purpose for being active after school was to have fun with her friends.*

**TEACHER / STUDENT CHOICE**

*Choose a Warm-Up activity.*

**Foot Fire: [**[**Vimeo**](https://vimeo.com/showcase/6967770/video/422984781)**]**

The leader turns the temperature up or down. Adjust the pace to the heat.

**RPS Body Language: [**[**YouTube**](https://youtu.be/buQ7G89EIGo)**]**

We’ll play Rock, Paper, Scissor with large body movements.

**Music Mania: [**[**YouTube**](https://youtu.be/PyeRtng9HGs)**]**

Jog when the music plays. Walk when the music stops.

*WEEK 4 of 4*

**SAFE:** Protected from danger.

*The students kept a safe physical distance during physical education class.*

**TEACHER / STUDENT CHOICE**

*Choose a Purposeful Practice activity.*

**Get Moving Circuit: [**[**YouTube**](https://youtu.be/Y3Z3nBrMu50)**]**

Complete 3 stations in 1-min or 3 sec intervals — Jump Station, Move Station, Stretch Station.

**Loopy Lap Stations: [**[**YouTube**](https://youtu.be/RDzXp6H0SJw)**]**

Do stations when music plays. When music stops perform locomotor skill to next station.