

OPEN[®] HOME & SCHOOL MOVEMENT MENU



3-5 LOOPY LAPS
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Brain & Body Warm-Ups

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: [\[Vimeo\]](#)

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

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

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

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

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

Purposeful Practice

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: [\[YouTube\]](#)

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

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

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

Just for Fun (and health)

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: [\[YouTube\]](#)

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

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

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

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

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