**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.

**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.