**BRAIN & BODY WARM-UP**

**COURAGE:** The ability to do what’s right even though you feel fear.

*Corina showed* ***courage*** *on the first day of school. She came to class even though she felt nervous.*

**FOOT FIRE**

* We’re jogging over a hot stove.
* When the temperature is low, we can jog in place slowly. When the temperature gets warmer, we’ll jog in place faster. When the temperature is on *Foot Fire*, we’ll sprint in place as fast as we can.
* The leader will call out the temperature (cooler, warmer, foot fire). The class will follow the leader’s instructions.

**BRAIN & BODY WARM-UP**

**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**

* 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.

**BRAIN & BODY WARM-UP**

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

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

*.*

**MUSIC MANIA**

* 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 area.
* When the music plays, everyone jogs.
* When the music stops, everyone walks.
* You can use interval music to start and stop music.

**PURPOSEFUL PRACTICE**

**HEALTH:** The state of being free from sickness or injury.

*Micha was in good* ***health*** *because he was physically active every day and always ate nutritious foods.*

**GET MOVING CIRCUIT**

* Complete each of the 3 *Get Moving Stations* in 1-min. or 30-sec. intervals.
* When music is on, perform the exercise. When music stops, get ready to do the next exercise.
* **Station 1: Jump Station.** Squat and then jump to the sky.
* **Station 2: Move Station.** Jog in place with high knees.
* **Station 3: Stretch Station**. Do forward lunges.

**PURPOSEFUL PRACTICE**

**INDEPENDENT:** The ability to think and act for yourself.

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

**LOOPY LAP STATIONS**

* 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)**

**EXERCISE:** Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an* ***exercise*** *they could do at home to improve muscular strength.*

**RED LIGHT, GREEN LIGHT**

* The object of the game is to move during green lights and stop on red lights.
* Score a point every time you stop immediately on a red light.
* Teacher starts as the leader. Call *Green Light* and students jog in place. Call *RED LIGHT* and students must freeze.
* Everyone who froze immediately gets 1 point. Keep track of your own points.

**JUST FOR FUN (AND HEALTH)**

**BALANCE:** Upright and steady.

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

**MIRROR, MIRROR**

* Face a partner (6+ feet apart).
* One partner will lead while the other mirrors.
* The leader makes safe movements.
* The mirror follows along.

**JUST FOR FUN (AND HEALTH)**

**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**

* 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.
* When the music starts again, everyone gets back up and starts to jog.