

# *Loopy Laps*

## Menu Activity Cards

### 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.

# ***Loopy Laps***

## **Menu Activity Cards**

### **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.

# ***Loopy Laps***

## **Menu Activity Cards**

### **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.

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## **Menu Activity Cards**

### **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.

# ***Loopy Laps*** **Menu Activity Cards**

## **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.

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## 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.

# ***Loopy Laps*** **Menu Activity Cards**

**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.

# ***Loopy Laps*** **Menu Activity Cards**

## **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.