

# OPEN<sup>®</sup> HOME & SCHOOL MOVEMENT MENU



K-2 LOOPY LAPS  
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## Brain & Body Warm-Ups

WEEK 1

**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.*

**Mirror, Mirror:** [\[Vimeo\]](#)

Introduce the game with students on floor spots facing the teacher. Teacher starts as the leader. Students mirror teacher's movements.

Next, students face a partner (6'+ apart). One partner leads, the other mirrors. The leader makes safe movements. The mirror follows along.

NOTE: If playing via video meet, the teacher starts as the leader, the students mirror. Freeze the game and assign a student as the leader.

## Purposeful Practice

WEEK 1

**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.*

**Red Star Fish, Blue Fish:** [\[YouTube\]](#)

The object of the game is for students to complete the correct movement when a red star fish or blue fish is called.

Play music. When music is on, march in place (jog, jumping jacks, etc.). When music stops, teacher calls Red Star Fish or Blue Fish.

- Red Star Fish=10 star-jumps
- Blue Fish=5 tuck-jumps

Restart music and continue.

## Just for Fun (and health)

WEEK 1

**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:** [\[YouTube\]](#)

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.