

OPEN[™] HOME & SCHOOL MOVEMENT MENU



K-2 LOOPY LAPS
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Brain & Body Warm-Ups

WEEK 2 of 4

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.

Animal Acting: [\[Vimeo\]](#)

Let's get our bodies moving with *Animal Acting*. When the music plays, jog in place. When the music stops, safely act like an animal. For example, flamingos stand on 1 leg; elephants wag their trunks. You can pick any animal you want, as long as you're safe.

When the music starts again, jog in place.

Purposeful Practice

WEEK 2 of 4

INDEPENDENT: The ability to think and act for yourself.

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

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

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)

WEEK 2 of 4

BALANCE: Upright and steady.

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

Laptastic (w/balance): [\[YouTube\]](#)

When the music plays, we're going to jog laps around our activity area cones. Every time the music stops, freeze and strike a silly balance pose.

If you hear a number between 1-4, use that number of body parts to balance. Also, we will change the way we move as we do our laps, so listen for different locomotor skills.

NOTE: If play via video meet, students "jog laps" in place.