

OPEN[®] HOME & SCHOOL MOVEMENT MENU



K-2 LOOPY LAPS
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Brain & Body Warm-Ups

WEEK 3 of 4

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

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

Elevator Game: [\[Vimeo\]](#)

Let's get our bodies moving with *the Elevator Game*. Stand tall with your feet shoulder-width apart. We're going to go from the 10th story of a building (standing tall), down to the ground floor (squat position). But, as we slowly go down on the elevator, we're going to have to stop and go back up to get things that we have forgotten. Follow along with my story to go up and down on the elevator.

Purposeful Practice

WEEK 3 of 4

HEART: The muscular organ that pumps blood through the body.

Your heart is a muscle that gets stronger when you exercise.

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 3 of 4

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.

Body Shapes: [\[YouTube\]](#)

We're going to balance on 1 foot and slowly draw shapes in the air with our other foot. After a few minutes, we're going to switch feet and draw with the other foot.

If you have trouble balancing on 1 foot, it's okay to get in a squat position, or with both feet together, and draw the objects in the air with your arm.