*WEEK 4 of 4*

**IMPROVE:** To become better.

*Johnna worked to improve his balance so he could easily stand on 1 foot.*

**TEACHER / STUDENT CHOICE**

*Choose 1 (or both) Warm-Up activity.*

**Red Light, Green Light: [**[**YouTube**](https://youtu.be/ekMs1FAJNrA)**]**

Green Light: Move. Red Light: Freeze. 1 point for stopping immediately.

**Laptastic (w/balance): [**[**YouTube**](https://youtu.be/_YcLGr7PPL8)**]**

Jog when the music plays. Strike a silly balance pose when the music stops.

**Body Shapes: [**[**YouTube**](https://youtu.be/fPZ8GJyNLOI)**]**

Balance on 1 foot and slow draw shapes in the air with the other foot.

*WEEK 4 of 4*

**PURPOSE:** The reason for doing something.

*Izzi’s purpose for being active after school was to have fun with her friends.*

**TEACHER / STUDENT CHOICE**

*Choose a Warm-Up activity.*

**Mirror Mirror: [**[**Vimeo**](https://vimeo.com/410411817)**]**

Mirror the movements of the leader.

**Animal Acting: [**[**Vimeo**](https://vimeo.com/410411710)**]**

Music plays: jog in place. Music stops: Safely act like an animal.

**Elevator Game: [**[**Vimeo**](https://vimeo.com/410412519)**]**

Listen to the elevator story and move down and up in squat position.

*WEEK 4 of 4*

**SAFE:** Protected from danger.

*The students kept a safe physical distance during physical education class.*

**TEACHER / STUDENT CHOICE**

*Choose a Purposeful Practice activity.*

**Red Star Fish, Blue Fish: [**[**YouTube**](https://youtu.be/oTBSB54n-UQ)**]**

March in place. When music stops the leader calls a fish name. Red Star Fish: 10 star-jumps. Blue Fish: 5 tuck-jumps.

**Loopy Lap Stations: [**[**YouTube**](https://youtu.be/RDzXp6H0SJw)**]**

Do stations when music plays. When music stops perform locomotor skill to next station.