Purposeful Practice

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

Just for Fun (and health)

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

Laptastic (w/balance): [YouTube]
Jog when the music plays. Strike a silly balance pose when the music stops.

Body Shapes: [YouTube]
Balance on 1 foot and slow draw shapes in the air with the other foot.