



K-2 LOOPY LAPS
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Brain & Body Warm-Ups

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: [\[Vimeo\]](#)

Mirror the movements of the leader.

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

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

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

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

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.