**BRAIN & BODY WARM-UP**

**COURAGE:** The ability to do what’s right even though you feel fear.

*Corina showed* ***courage*** *on the first day of school. She came to class even though she felt nervous.*

**MIRROR, MIRROR**

* Face your partner (6’+ apart).
* One partner is the leader, the other partner is the mirror.
* The leader makes safe movements (jump, jog in place, exercise, dance, etc.).
* The mirror follows along.
* After 30 seconds to 1 minute, change roles.

**BRAIN & BODY WARM-UP**

**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.*

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**ANIMAL ACTING**

* 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.

**BRAIN & BODY WARM-UP**

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

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

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**ELEVATOR GAME**

* 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**

**HEALTH:** The state of being free from sickness or injury.

*Micha was in good* ***health*** *because he was physically active every day and always ate nutritious foods.*

**RED STAR FISH, BLUE FISH**

* The object of the game is for students to complete the correct movement when a red star fish or blue fish is called.
* Play music. When music is on, march in place (jog, jumping jacks, etc…). When music stops, teacher calls Red Star Fish or Blue Fish.
  + Red Star Fish=10 star-jumps
  + Blue Fish=5 tuck-jumps
* Restart music and continue.

**PURPOSEFUL PRACTICE**

**INDEPENDENT:** The ability to think and act for yourself.

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

**LOOPY LAP STATIONS**

* 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)**

**EXERCISE:** Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an* ***exercise*** *they could do at home to improve muscular strength.*

**RED LIGHT, GREEN LIGHT**

* The object of the game is to move during green lights and stop on red lights.
* Score a point every time you stop immediately on a red light.
* Teacher starts as the leader. Call *Green Light* and students jog in place. Call *RED LIGHT* and students must freeze.
* Everyone who froze immediately gets 1 point. Keep track of your own points.

**JUST FOR FUN (AND HEALTH)**

**RESOURCE:** The supplies, opportunities, and support that a person can use in order to do a job or live productively.

*Kendra can go to a park near her house to walk with her family. It’s a great resource that she can use to be physically active.*

**LAPTASTIC**

* 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.

**JUST FOR FUN (AND HEALTH)**

**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**

* 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.