

# ***Loopy Laps***

## **Menu Activity Cards**

### **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.

# ***Loopy Laps*** **Menu Activity Cards**

## **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.*

## **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.

# ***Loopy Laps***

## **Menu Activity Cards**

### **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.*

### **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 10<sup>th</sup> 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.

# ***Loopy Laps***

## **Menu Activity Cards**

### **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.

# ***Loopy Laps*** **Menu Activity Cards**

## **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.

# *Loopy Laps* Menu Activity Cards

## 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.

# ***Loopy Laps*** **Menu Activity Cards**

## **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.

# ***Loopy Laps*** **Menu Activity Cards**

## **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.