

OPEN HOME & SCHOOL MOVEMENT MENU



FITNESS ON THE MOVE
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 3 of 4

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

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

This or That: [\[Vimeo\]](#)

In this activity you will perform a tree pose if you agree with a statement that you hear. You will do jumping jacks if you disagree with the statement.

The leader will call out a statement about the things they like. For example, "Apples are my favorite fruit." If you agree and apples are your favorite fruit, perform a tree pose. If grapes are your favorite fruit, perform jumping jacks.

Continue calling out statements, taking turns as leader.

Purposeful Practice

WEEK 3 of 4

TIME: The duration or length of an exercise or physical activity session.

Get 60-minutes of daily activity by including a time of 30-minutes in the morning and 30-minutes in the afternoon.

6-Minute FITT Dice: [\[YouTube\]](#)

Complete the 8, 30-second exercise intervals that match the number rolled on the die. There are 3 TYPES of exercise on the dice list: Aerobic, Muscular Fitness, Mindfulness.

- 1 – Climbers ([YouTube](#))
- 2 – High-5 Breathing ([YouTube](#))
- 3 – Plank Thigh Taps ([YouTube](#))
- 4 – Scissor Chops ([YouTube](#))
- 5 – Jump Knee Tucks ([YouTube](#))
- 6 – Equal Breathing ([YouTube](#))

Just for Fun (and health)

WEEK 3 of 4

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.

20 Questions (100 Reps): [\[YouTube\]](#)

Pick and exercise, physical activity, or healthy food. The class gets 20 yes/no questions to gain clues and guess what the exercise, activity, or food is.

The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.

When the exercise, activity, or food is guessed correctly, pick a new leader to think of a new topic.