

OPEN[™] HOME & SCHOOL MOVEMENT MENU



Bring PE to Your Family Week

OCTOBER 19-23

Active Schools
#FamiliesLovePE

Brain & Body Warm-Ups

GRADE 3-5 LESSON 1

MINDFULNESS: A feeling created when a person calmly focuses on the present moment and surroundings.

The class practices mindfulness as a way to relax and focus on learning.

Balance & Breathe I: [\[YouTube\]](#)

Let's use our Speed Stacks cups to help us practice mindful breathing (If you don't have a Speed Stacks cup, you can use any small safe object).

Hold your hand out flat in front of you, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup.

Need a challenge?! Balance 1 cup in each hand.

Purposeful Practice

GRADE 3-5 LESSON 1

Physical Activity: Movement that uses the body's energy. Students should be physically active 60 minutes per day.

Physical education class teaches us why it's important to be active every day.

Sports Charades: [\[YouTube\]](#)

The class is going to try to guess the sport that our charades leader is acting out. There is a list of sports on the screen to help give you some ideas. After we guess the sport, everyone will take 30 seconds to act out their version of that sport.

Just for Fun (and health)

GRADE K-2 LESSON 1

ENJOYMENT: A positive feeling caused by doing or experiencing something you like.

We enjoy physical activity and it helps to protect our health.

Victory Dance RPS: [\[YouTube\]](#)

Stand at least 6' from a partner. The object of the game is to win a round of Rock, Paper, Scissors, then do a victory dance to celebrate. You get 10 seconds to do your dance, then play another round.

The first player to do 10 victory dances is the Victory Dance RPS professional for the day and will teach their partner a signature victory dance.