*MIDDLE & HIGH SCHOOL 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.*

**RPS Victory Chegg: [**[**YouTube**](https://youtu.be/eO_3fLmmv5E)**]**

The object of the game is to win Rock, Paper, Scissors, and “grow” from an egg, to a chick, to a chicken.

Partners squat down into tucked “egg” position. Play RPS. The winner becomes a baby chick and raises into a squat position. The other player stays an egg. Play again, if the “baby chick” wins they become a chicken and win the game. If they lose, they return to “egg” position & the other player grows.

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**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.*

**Fitness Categories Game:**

The object of the game is to write 1 word per in each category that starts with the challenge letter given. You have 30 seconds to complete each category. For example, if the challenge letter is T – the exercise in the Muscular Fitness category could be Triceps Extension, a fruit could be a Tangerine, and so on. As a group, do 5 jumping jacks for every category left on each card without a valid answer.

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**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.*

**High-5 Breathing: [**[**YouTube**](https://youtu.be/NwEAgvwq4NE)**]**

We’re going to use the Animal Alphabet Cards to play a jumping game. Each card gives 2 animals choices. While the music plays for 30 second, jump in your personal space. Stay in your 6-foot personal bubble. When the music stops, pick another animal from the next card. It’s okay to change your mind during the 30 seconds and jump like the other animal.