

OPEN[™] HOME & SCHOOL MOVEMENT MENU



Bring PE to Your Family Week

OCTOBER 19-23

Active Schools
#FamiliesLovePE

Brain & Body Warm-Ups

MIDDLE & HIGH SCHOOL 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.

High-5 Breathing: [\[YouTube\]](#)

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.

Purposeful Practice

MIDDLE & HIGH SCHOOL 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.

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.

Just for Fun (and health)

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: [\[YouTube\]](#)

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.