

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 2

OPTIMISM: A feeling of hopefulness and confidence about the future or the success of something.

The class has a lot of optimism that this school year will be fun and meaningful.

Equal Breathing: [\[YouTube\]](#)

Sit or stand in a comfortable position. Place your hands in your lap or by your sides.

- As you inhale deeply, slowly count to 5.
- As your exhale fully, slowly count to 5.

This will create deep, equal breaths. Repeat for 1 to 2 minutes.

Purposeful Practice

MIDDLE & HIGH SCHOOL LESSON 2

PHYSICAL EDUCATION: A subject in school with a planned curriculum that teaching student to have the skill, confidence, and knowledge to be physically active for a lifetime.

Physical education helps us learn fun ways to be active every day and keep our bodies healthy.

Exercise Word Scrambler:
[\[YouTube\]](#)

Use the letters shown on the Word Scrambler Card to create and list the names of as many physical activity choices as you can.

If you list an activity we can do in personal space, we'll complete it for 15 seconds. Score a point for each valid name.

Just for Fun (and health)

MIDDLE & HIGH SCHOOL LESSON 2

ENERGY BALANCE: The state when a person uses (burns) the same amount of energy (calories) that they consume in a day.

Energy balance helps us keep our bodies at a healthy weight.

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

Pick a healthy food. The class gets 20 yes/no questions to gain clues and guess what the 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 food is guessed correctly, pick a new leader to think of a new food.