

# OPEN<sup>™</sup> HOME & SCHOOL MOVEMENT MENU



## Bring PE to Your Family Week

OCTOBER 19-23

**Active Schools**  
#FamiliesLovePE

## Brain & Body Warm-Ups

GRADE K-2 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.*

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

Sit or stand in a comfortable position. Hold your left hand out in front of your chest. Extend and spread your fingers out.

Using the pointer finger of your left hand, slowly trace your fingers starting with the thumb and tracing up and down all the way to the outside base of your pinkie.

As you trace up a finger, inhale. As you trace down a finger, exhale.

## Purposeful Practice

GRADE K-2 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.*

**Animal Dance Party:** [\[YouTube\]](#)

I'm going to use the Animal Alphabet Cards to pick animals that will come to our dance party. Use these cards to have dance parties at home! When I hold up a card, everyone will dance like the animal I'm holding. If I hold up 2 cards, you can pick which animal you want to be.

## Just for Fun (and health)

GRADE K-2 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.*

**Nutrition Fortune Teller:** [\[YouTube\]](#)

Let's learn about nutrition using a fun Nutrition Fortune Teller.

Start by picking the number that matches the picture of a food. Open and close the fortune teller while counting to that number. Next, choose the name of the food on the inside of the fortune teller. Open and close while spelling the name of the fruit. Next, open the flap, read the fun fact and complete the activity.