OPEN HOME & SCHOOL MOVEMENT MENU
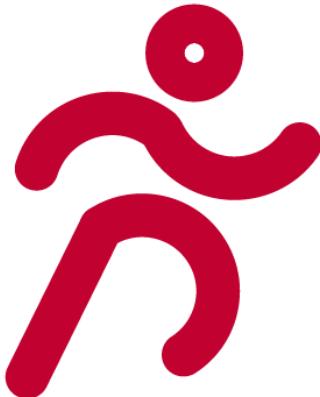
Meaningful Movement &
Fitness Fun
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 2
PHYSICAL ACTIVITY: Any movement of the body that requires energy.

Caleb eats healthy food to give him energy for fun physical activity.

Balance and Breathe II: [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).
   Pick any body part and balance the cup on that body part. Now, slowly walk in a small circle in your activity space while balancing the cup. While you walk, practice equal breathing with 4-count inhales and exhales.
   If the cup falls, just pick it back up and try again.

Purposeful Practice

WEEK 2
VEGETABLE: One of the 5 food groups that includes the nutritious, edible parts of plants.

Vegetables give our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy and strong.

Dynamic Warm-up: [YouTube]
   Complete a 6-minute dynamic warm-up routine following the Fitness Fun warm-up interval card.
Plank Fitness: [YouTube]
   Complete a 6-minute plank fitness routine following the interval routine card. If you're having trouble holding full plank position for the entire routine, it's okay to perform a modified or wall plank.
   (Get interval music on Apple Music)

Just for Fun (and health)

WEEK 2
FOOD GROUPS: Categories of foods that are similar in the way they grow and the nutrition they provide.

The 5 food groups include fruits, vegetables, grains, protein, and dairy.

Nutrition Fortune Teller II: [YouTube]
   Let's learn about nutrition using a new Fortune Teller.
   (Get More Fortune Tellers Here)
   Start by picking the number that matches the picture of a super 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.