



Meaningful Movement &
Fitness Fun
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 3

Personal Fitness: A person's overall state of physical well-being and ability to perform daily task and achieve physical performance goals.

As an active person, Ben's goal for his personal fitness is to improve his muscular fitness and his aerobic capacity.

TEACHER / STUDENT CHOICE

Choose 1 (or both) Warm-Up activity.

Balance and Breathe I / II:

[\[YouTube I\]](#) & [\[YouTube II\]](#)

Choose Balance and Breathe I and/or Balance and Breathe II.

Focus on developing a habit of mindful breathing in any situation.

Purposeful Practice

WEEK 3

High Intensity Interval Training

(HIIT): An exercise routine made up of bursts of intense physical activity with rest intervals in between.

The 6-minute HIIT routine is a great way to get short fitness breaks into a busy day.

Dynamic Warm-up: [\[YouTube\]](#)

Complete a 6-minute dynamic warm-up routine.

Create Your Own 6-Minute Interval Routine: [\[YouTube\]](#)

Use the CYO Routine Card to create your own High Intensity Interval Training routine. Use safe movements. Be create and add fun skill and drill intervals from your favorite sport.

Just for Fun (and health)

WEEK 3

RECOGNIZE: To know something when you see it.

Sasha could recognize healthy foods at the grocery store.

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

Let's learn about nutrition using a new Fortune Tellers. (Get 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.