**BRAIN & BODY WARM-UP**

**ENERGY:** The strength and endurance that a person has for physical and mental activity.

*People get energy from the food that we eat.*

**Balance and Breathe I:**

* 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).
* Hold your hand out flat in front of you, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup.
* Need a challenge?! Balance 1 cup in each hand.

**BRAIN & BODY WARM-UP**

**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:**

* 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**

**FRUIT:** One of the 5 food groups that includes sweet edible parts of trees and plants.

*Fruit is a healthy food that gives our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy.*

**Dynamic Warm-up:**

* Complete a 6-minute dynamic warm-up routine following the Fitness Fun dynamic warm-up interval card.
* Make sure you have enough room to move safely.

**PURPOSEFUL PRACTICE**

**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.*

**Jump Rope Fitness:**

* Complete a 6-minute jump rope fitness routine following the interval routine card.
* If you don’t have a jump rope (or don’t want to use a jump rope), that’s okay. You can perform invisible jump rope skills throughout this routine.

**PURPOSEFUL PRACTICE**

**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.*

**Plank Fitness:**

* 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.

**PURPOSEFUL PRACTICE**

**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.*

**Create Your Own 6-Minute Interval Routine:**

* 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)**

**HEALTH:** Free from sickness and injury. Feeling physical, mental, and social well-being.

*Physical activity and nutritious foods help to protect our health.*

**Nutrition Fortune Teller I, II & III:**

* Let’s learn about nutrition using fun Nutrition Fortune Tellers.
* 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.