**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.
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.

*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.