



Meaningful Movement &
Fitness Fun
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 1

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: [\[YouTube\]](#)

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).

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.

Purposeful Practice

WEEK 1

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.

Jumping Jello: [\[YouTube\]](#)

Make a circle with a jump rope (or a couple of shoelaces). The circle is a big bowl of fruity Jello! Jump into the bowl of fruity Jello and bounce 5 times before you jump out of the bowl.

Next, try to create new ways of jumping in the Jello. Can you jump high and low? Soft and quiet? How many different ways can you jump?

Every time you jump, say the name of a food that is good for you.

Just for Fun (and health)

WEEK 1

HEALTH: Free from sickness & injury. Physical, mental, and social well-being.

Physical activity and nutritious foods help to protect our health.

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

Let's learn about nutrition using fun Nutrition Fortune Tellers.

[\(Get More Fortune Tellers Here\)](#)

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.