



Meaningful Movement &
Fitness Fun
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 3

BALANCE: All pieces and parts are equal and in correct proportions.

Candace ate a balanced meal with all 5 food groups on her plate.

TEACHER / STUDENT CHOICE

Choose 1 (or both) Warm-Up activity.

Balance and Breathe I: [\[YouTube\]](#)

Hold your hand out, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breathes (inhale 4 count, exhale 4 count).

Balance and Breathe II: [\[YouTube\]](#)

Pick any body part and balance the cup on that body part. Slowly walk in a small circle in your activity space while balancing the cup. While you walk, practice equal breathing.

Purposeful Practice

WEEK 3

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.

Know Where: [\[YouTube\]](#)

Use your jump rope to make different pathways across your activity area. Pathways can be curved, zigzag, straight, or round.

Balance and walk on the rope to trace your pathway. For a challenge, balance a Speed Stacks cup on a body part while you balance and walk your pathway.

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 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.