OPEN® HOME & SCHOOL MOVEMENT MENU

Planning with a Purpose
FITNESS
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

LESSON 1
5 Components of Health-Related Fitness: Characteristics that contribute to a person's overall well-being.

The class learned about the 5 components of Health-Related Fitness.

Plank Party RPS: [YouTube]
   The object of this game is to win a series of Rock, Paper, Scissor games and move from squat to plank position. Win the game in plank position and win the match. Start in squat position. The winner moves to table pose (hands and knees). Win in table pose, move to plank position. Win in plank position, win the entire match. The player who loses a game moves backward — e.g. from table pose back to squat position.

Purposeful Practice

The FITT Principle: Four elements of a comprehensive fitness plan.

The class used the FITT Principle to build their wellness plans.

First Letter, Last Letter: [YouTube]
   Create 2 teams (can be played with 1 group). The object is for Team 1 to think of an exercise starting with the 1st letter of a food, and the other team to think of an exercise starting with the last letter. Pull a flashcard to see the food. Team 1 has 30 sec. to demo a physical activity that begins with the 1st letter. Team 2 must demo an activity starting with the last letter. Successful teams score a point. Next, switch first/last letters (i.e. Team 1 uses last letter, Team 2 uses first letter).

Just for Fun (and health)

5 Food Groups: Categories of foods that are similar in the type of nutrition they provide.

Micha built his meal at the buffet to include all 5 Food Groups.

Memory Plate: [YouTube]
   The object is for the class to memorize objects on Plate A and then name the missing food on Plate B. The class has 30 seconds to name the missing food.
   Next, the class must perform the exercise listed below the plate. If they name the food in less than 30 seconds, complete the exercise for 15 seconds. If they don't name the food, perform the exercise for 30 seconds.