LESSON 3

Brain & Body Warm-Ups

**Frequency**: The rate that something is repeated over time. How often it happens.

*The frequency of Josh’s HIIT workouts was 3 times per week.*

**TEACHER / STUDENT CHOICE**

Choose 1 (or both) Warm-Up activity.

**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.

**Plank Drawing Challenge**: [YouTube]

The object of this game is for students to draw as many foods in the assigned food group as possible while in plank position.

Purposeful Practice

**LESSON 3**

**Time**: The duration of a single session of physical activity.

*Fortu planned 30 minutes of time for his bike ride.*

**TEACHER / STUDENT CHOICE**

Choose a Purposeful Practice activity.

**First Letter, Last Letter**: [YouTube]

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.

**5 Second Rule**: [YouTube]

Teams take turns and score points by naming 3 things that fit into a particular category in 5 seconds.

Just for Fun (and health)

**Type**: The activity category associated with an activity (aerobic, strength, flexibility, mindfulness).

*Sasha knew that it was important to add mindfulness to the type of activities included on her fitness plan.*

**TEACHER / STUDENT CHOICE**

Choose 1 (or both) Warm-Up activity.

**Memory Plate**: [YouTube]

The object is for the class to memorize objects on Plate A and then name the missing food on Plate B.

**Crossword Intervals**: [YouTube]

The object of this activity is for the class to solve a crossword puzzle cooperatively.