



BALANCE & COORDINATION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

Lesson 2

EMOTIONAL COORDINATION: The ability to understand what another person is feeling and act in a way that's helpful and supportive.

Mr. Johnson demonstrated emotional coordination when he helped Jonah feel better after his fish died.

Red Star Fish, Blue Fish: [\[YouTube\]](#)

The object is for students to complete the correct movement when a red star fish or blue fish is called.

Play music. When the music is on do jumping jacks. When music stops, teacher calls Red Star Fish or Blue Fish.

- Red Star Fish=10 star-jumps
 - Blue Fish=5 tuck-jumps
- Restart music and continue.

Purposeful Practice

Lesson 2

PHYSICAL COORDINATION: The ability to move different parts of the body together for a purpose or task.

Jumping jacks help us improve physical coordination because we have to move our legs and arms at the same time.

Balloon Bop Level 1: [\[YouTube\]](#)

The goal is to keep the balloon in the air for as long as you can. You can only use your hands. You can count the number of bops you get, or you can have someone time how long you can go before the balloon hits the ground.

If the balloon does hit the ground, pick it up and keep on practicing. Practice for at least 5 minutes every day for 5 days. Have fun!!!

Just for Fun (and health)

Lesson 2

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

Physical activity and nutritious foods help to protect our health.

Nutrition Fortune Tellers: [\[YouTube\]](#)

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.