



**JUGGLE NUTRITION**  
— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

WEEK 1 of 4

**TOSS:** To throw something lightly.

*Jenna **tossed** the beanbag gently into the air.*

**Claps Counter:** [\[YouTube\]](#)

Clap as many times as you can while self-tossing.

- Toss the object into the air and clap as many times as you can. The number of claps only counts if the object is caught.
- Challenge: Spin in a circle (after tossing the object) while performing the claps.

## Purposeful Practice

WEEK 1 of 4

**FOOD GROUP:** A category of foods that share something in common as they relate to nutrition.

*The 5 basic **food groups** are Fruits, Vegetables, Grains, Protein Foods, Dairy.*

**Food Group Decoders:** [\[YouTube\]](#)  
Let's use a fun Decoder game to help us remember the names of the 5 food groups.

Match the food picture with the correct letter to unlock the coded words.

Click for the file format you want:  
[\[Google Slide\]](#); [PDF File](#), [PowerPoint\]](#)

Find more nutrition games at  
[NutritionFromTheHart.com](http://NutritionFromTheHart.com)

## Just for Fun (and health)

WEEK 1 of 4

**CATCH:** To take hold of an object previously in motion.

*Kory reached out her hand to **catch** the falling scarf.*

**Scarf Juggling Basics:** [\[YouTube\]](#)  
Today we start our juggling practice by learning how to toss 1 scarf up and across our bodies.

Next, we'll work on a throw-throw-catch-catch patter with 2 scarves.

Use the video from the National Circus Project to help you learn this fun skill.

*If you don't have scarves, try plastic shopping bags.*