



JUGGLE NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 4 of 4

EFFORT: Focused and purposeful work.

*Sasha demonstrated good **effort** as she focused and worked toward improving her skills.*

Two for All: [\[YouTube\]](#)

Toss and catch two objects.

- On the start signal, students toss and catch each object in the same hand.
- Challenge: Students toss and then catch each object in their opposite hand.

Purposeful Practice

WEEK 4 of 4

BALANCED: Having different parts in the correct amounts.

*Forrest created a dinner plate that was **balanced** with all 5 food groups.*

Food Group Puzzles: [\[YouTube\]](#)

Let's match foods from each food group. Click on the file below and then complete the activity.

Drag foods from the right into the puzzle pieces that match. Fruits are already matched as an example.

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

Find more nutrition games at
[\[NutritionFromTheHart.com\]](#)

Just for Fun (and health)

WEEK 4 of 4

GROWTH MINDSET: The belief that a person's abilities can be built and improved through dedication and hard work.

*Penelope demonstrated a **growth mindset** as she continued to practice her juggling skills each week.*

Scarf Juggling Basics: [\[YouTube\]](#)

Continue juggling practice and practice tossing 1 scarf and then 2 scarves. Follow the video prompts.

3 Scarf Juggling: [\[YouTube\]](#)

Are you ready to try juggling with 3 scarves? The National Circus Project video in the YouTube link will help you progress to this next level of scarf juggling.