



**MINUTE TO WIN**  
— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

WEEK 3 of 4

**Willpower:** The ability to focus on what you want and then work to make it happen.

*Mack demonstrated **willpower** in order to inspire his family and friends while he battled cancer.*

**Willpower Challenge:** [\[YouTube\]](#)  
Challenge: Perform 1 minute of an agility exercise to help you think on your feet and adapt to new situations.

Watch the St. Jude Heroes Jr. video and listen to Mack's story about demonstrating agility. Then, choose 1 of 3 agility exercises to perform to the 1-minute timer.

## Purposeful Practice

WEEK 3 of 4

**Focus:** To give full attention to a task or goal.

*Mack was able to **focus** on quickly jumping and rolling the die in order to beat the Jacks Flash challenge.*

**Jacks Flash:** [\[YouTube\]](#)  
Challenge: Remove 6 pieces of paper by rolling all numbers on a die in 1 min.

On the start signal, roll a die and do that number of jumping jacks. Remove the paper with that number. Roll again and repeat. If you roll the same number, complete jumping jacks but do not remove a piece of paper (that number has already been removed).

1-Minute Challenge Music:  
[Apple Music](#) or [Spotify](#)

## Just for Fun (and health)

WEEK 3 of 4

**Practice:** To perform an activity or exercise repeatedly and/or regularly in order to improve or maintain skill.

*To prepare for field day, we **practiced** our standing long jump in PE class.*

**1-Minute Long Jump Challenge:** [\[YouTube\]](#)

Let's practice for Field Day and the Long Jump Relay Event!

When the music starts, begin practicing a standing long jump in open space. Take off and land on 2 feet. Avoid classmates and obstacles. Stop when the music stops.

1-Minute Challenge Music:  
[Apple Music](#) or [Spotify](#)