



MINUTE TO WIN
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Brain & Body Warm-Ups

WEEK 4 of 4

Bravery: The ability to do your best, even when you're nervous or afraid.

*Kariann demonstrated **bravery** while she worked with her doctors and nurses to battle cancer.*

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

Watch the St. Jude Heroes Jr. video and listen to Kariann's story about demonstrating bravery. Then, choose your favorite Hero exercise to perform to the 1-minute timer (Push-Ups, Power Squats, Crab Walk, Jumping Jacks, Frog Jumps, Fast Feet, Run/Walk, Balance, Hero Planks).

Purposeful Practice

WEEK 4 of 4

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

*Kariann was able to **focus** on quickly sliding and then collecting the bean bag.*

Bowling for Cups: [\[YouTube\]](#)
Challenge: Knock down 6 plastic cups in 1 minute.

Arrange cups in a line. On the music, slide the bean bag (or ball) to knock down one of the cups. Race to collect your bean bag and any cup that's knocked over. Return to starting position and repeat. Your goal is to knock over all 6 cups in 1 minute.

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

Just for Fun (and health)

WEEK 4 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 leg passes in PE class.*

1-Minute Leg Pass Challenge:
[\[YouTube\]](#)
Let's practice for Field Day and the Leg Pass Relay Event!

When the music starts, begin practicing leg passes by passing the invisible ball from your feet to your hands and then back from your hands to your feet. Keep passing back and forth until the music stops.

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