

# MINUTE TO WIN

## Teacher Talk

[Minute to Win Week 1 Sample Script]

### Brain & Body Warm-Ups

Today is the first lesson in our Minute to Win physical education module. We're going to practice a series of activities to help us get ready for this year's OPEN National Field Day! Our Brain & Body Warm-Ups are field day events that feature the St. Jude Heroes Jr. Challenges. St. Jude Children's Research Hospital is a place where kids with cancer can go to get important treatments and medicines.

These kids are real heroes because they're fighting cancer with strength, agility, willpower, kindness, and bravery. We're going to learn about one St. Jude Hero each week while we work on our physical and mental fitness. Today we'll practice the Strength Challenge. On field day we can perform this same challenge and mark it off on our score card.

### Purposeful Practice

During our Purposeful Practice time, we will practice a Minute to Win Field Day Event. In each challenge we'll have 1 minute to do our very best. The music track will tell us when to start and when to stop.

Today's challenge is called Book End. We'll score points by standing up while balancing a book on our heads. Every time we successfully move from a seated to a standing position without the book falling, we score a point! Then, we'll sit and try again. We'll score as many points as we can in one minute! We'll earn a bronze medal if we score 1 to 3 points, silver with 4 to 5 points, and gold with 6 or more points.

The secret to this challenge is controlling the speed that we use stand up. We want to have just the right speed so we can keep our balance. Get your book ready. Let's practice!

### Just for Fun (and health)

On field day we'll work in teams to complete relay races created by an organization call Rising New York Road Runners. New York Road Runners hosts the New York City Marathon, one of the most famous races in the world.

Today we'll prepare for the Crab Walk Relay. Let's watch a short video of this event.

In order to get our muscles ready for the Crab Walk Relay we'll challenge ourselves to crab walk safely in open space for 1 full minute. The music track will tell us when to start and when to stop. Get in crab walk position. Let's practice!

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