



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

## Brain & Body Warm-Ups

WEEK 1 of 4

**Strong:** To stay positive during hard times and to stand up for others.

*Mason was **strong** during his cancer treatment and kept a positive attitude while his body fought the disease.*

**Strength Challenge:** [\[YouTube\]](#)  
Challenge: Perform 1 minute of strength exercise to become physically and mentally strong.

Watch the St. Jude Heroes Jr. video and listen to Mason's story about being strong. Then, choose 1 of 3 strength exercises to perform to the 1-minute timer.

## Purposeful Practice

WEEK 1 of 4

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

*Mason was able to **focus** on keeping the book balanced while he stood up.*

**Book End:** [\[YouTube\]](#)

Challenge: Score points by standing up while balancing a book on your head.

If you successfully move from a seated to a standing position without the book falling, you score a point. Now, sit and try again.

Score as many points as you can in one minute! Bronze = 1-3 points, Silver = 4-5 points, Gold = 6 points

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

## Just for Fun (and health)

WEEK 1 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** crab walking during PE class.*

**1-Minute Crab Walk Challenge:** [\[YouTube\]](#)

Let's get our muscles ready for Field Day and the Crab Walk Relay Event!

When the music starts, begin crab walking in open space. Avoid classmates and obstacles.

Can you stay in crab walk position for the full 1 minute?

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