



MINUTE TO WIN
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Brain & Body Warm-Ups

WEEK 2 of 4

Agility: The ability to think on your feet and adapt to new situations.

*Gayatri demonstrated **agility** when she came to a new country to get help and treatment for her cancer.*

Agility 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 Gayatri's story about demonstrating agility. Then, choose 1 of 3 agility exercises to perform to the 1-minute timer.

Purposeful Practice

WEEK 2 of 4

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

*Gayatri was able to **focus** on the balloons so she could keep them floating in the air for 1 minute.*

Zero Gravity: [\[YouTube\]](#)
Challenge: Keep balloons in the air for 1 minute.

Stand in personal space holding 1-3 balloons. On the start signal, toss the balloons into the air. Tap or volley to prevent them from touching the ground. To succeed, you must keep all 3 balloons in the air for 1 minute.

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

Just for Fun (and health)

WEEK 2 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 locomotor skills in PE class.*

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

When the music starts, begin skipping in open space. Avoid classmates and obstacles. Stop when the music stops.

We'll do this for 3 rounds: Skip, Jump, Gallop.

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