

# OPEN<sup>®</sup> SPECIAL EVENT TOOLS & RESOURCES



## Family PE Week

OCTOBER 4-8, 2021

Active Schools | OPEN

#FamiliesLovePE

## Brain & Body Warm-Ups

GRADE K-2 LESSON 1

**MINDFULNESS:** A feeling created when a person calmly focuses on the present moment and surroundings.

*The class practices mindfulness as a way to relax and focus on learning.*

**Balance & Breathe I:** [\[YouTube\]](#)

Let's use our Speed Stacks cups to help us practice mindful breathing (If you don't have a Speed Stacks cup, you can use any small safe object).

Hold your hand out flat in front of you, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup.

Need a challenge?! Balance 1 cup in each hand.

## Purposeful Practice

GRADE K-2 LESSON 1

**Physical Activity:** Movement that uses the body's energy. Students should be physically active 60 minutes per day.

*Physical education class teaches us why it's important to be active every day.*

**Animal Charades:** [\[YouTube\]](#)

Stand inside your 6-foot bubble. The object of this game is to silently act like an animal so that your family and your classmates can guess what it is. Take turns guessing and acting like animals. If you need help thinking of an animal, use the Animal Alphabet Cards.

## Just for Fun (and health)

GRADE K-2 LESSON 1

**ENJOYMENT:** A positive feeling caused by doing or experiencing something you like.

*We enjoy physical activity and it helps to protect our health.*

**Red Light, Green Light:** [\[YouTube\]](#)

The object of the game is to move during green lights and stop on red lights. Score a point every time you stop immediately on a red light.

Teacher starts as the leader. Call *Green Light* and students jog in place. Call *RED LIGHT* and students must freeze. Everyone who froze immediately gets 1 point. Keep track of your own points.