

OPEN SPECIAL EVENT
TOOLS & RESOURCES



Family PE Week

Active Schools | OPEN

#FamiliesLovePE

Brain & Body Warm-Ups

GRADE 3-5

HEALTH-RELATED FITNESS: A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition.

Roll and Go: [\[Activity Plan\]](#)

You and your partner will enter the activity area, go to any hoop and roll the die. Jog clockwise that many hoops. If you land on a corner hoop move to the center of the activity area and choose an exercise off the Roll & Go Exercise Chart. Return to the hoop and continue to roll the die until the teacher signals the end of the activity.

Purposeful Practice

GRADE 3-5

ACTIVELY ENGAGE: To participate in an activity while showing genuine interest and a desire for excellence.

Partner Flip the Hoop: [\[Activity Plan\]](#)

You and your partner are going to move your hoop to the center of the activity area. One partner begins as the tosser, and the other as the flipper. The tosser tosses the bean bag into the hoop. The flipper flips the hoop toward the center one time, picks up the bean bag and changes places with the tosser. Continue until your group makes it to the center.

If a toss lands outside the hoop, the flipper will pick up the bean bag without flipping the hoop and change places with the tosser.

Just for Fun (and health)

GRADE 3-5

COOPERATION: The process of working together for a common goal or outcome.

Hoop Tower Relay: [\[Activity Plan\]](#)

Teams will work to get all 6 hoops across the activity area & create a hoop tower. One teammate moves to first spot marker inside a hoop. Remaining teammates work together to lift the hoop up & over their teammates head without touching them (everyone lifting hoop must be touching it at all times!). The teammate who started on the spot moves to the next spot as soon as the hoop is on the ground. Team returns to the start and continues until all 6 hoops have been moved. Finally, teams work to cooperatively build a hoop tower with all 6 of the hoops.