

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



## Family PE Week

Active Schools | OPEN

#FamiliesLovePE

## Brain & Body Warm-Ups

GRADE 6-12

**AEROBIC ACTIVITY:** Sustained exercise/movement such as jogging that stimulates and strengthens the cardiorespiratory system.

**RPS Victory Lap:** [\[Activity Plan\]](#)

The object of this activity is to win as many games of Rock, Paper, Scissors as possible. After each win, you'll jog a victory lap around the cones to celebrate your success. Find a new partner as soon as you complete your lap and play again. If you don't win, quickly find a new partner and play again.

Challenge: Play this game and incorporate dribbling/ball control skills from any invasion game. Students dribble a basketball, soccer ball, or floor hockey puck during their victory lap.

## Purposeful Practice

GRADE 6-12

**FITNESS:** The degree to which the total organism is able to meet the physical, intellectual, and emotional demands for everyday living, as well as cope with emergencies.

**Tabata Team Charades:** [\[Activity Plan\]](#)

The object of this activity is for teams to guess the exercise being performed and identify the fitness component. First student pulls a card and acts out an exercise that matches the component of fitness on the card. Teammates begin performing the exercise as they guess its name as well as the fitness component. When the music stops, students will then rotate and the next student pulls a card to begin acting out an exercise.

## Just for Fun (and health)

GRADE 6-12

**CREATIVITY:** The ability to generate, evaluate, and refine ideas, alternatives, or possibilities in order to improve personal and/or community quality of life.

**Dance With Words:** [\[Activity Plan\]](#)

This activity calls us to be choreographers! You will work with a small group to create a sequence, with each person creating 8 counts of movement. Each person chooses a movement card and creates 8 counts of movement using that card. Next, you will join your group and work together to combine everyone's movements and create a dance combining the 8-counts. Challenge: Have groups present their dance and students try to identify the words that were used.