

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



## Family PE Week

Active Schools | OPEN

#FamiliesLovePE

### Brain & Body Warm-Ups

GRADE K-2

**ACTIVE LIFESTYLE:** A way of life that values physical activity as an essential part of living; characterized by the integration of physical activity into daily routines and recreation.

**Fitness UNO:** [\[Activity Plan\]](#)

There are two parts to this activity. First, each team will collect 7 UNO cards in a relay race format collecting one card at a time. Second, teams work to get rid of UNO cards one at a time by completing the Fitness UNO Chart activity that corresponds to the card color and number on the card. Once the entire team has completed the exercise, a player will run and put the card back in the card pile. Remember to yell out “UNO” when your team has one card left!

### Purposeful Practice

GRADE K-2

**FOLLOW THROUGH:** To continue moving after an object has been kicked, struck, or thrown.

**Soccer Bowling:** [\[Activity Plan\]](#)

You and your partner are going to see how many times out of 5 chances you can knock the ball off the cone using a soccer pass. One partner gets 5 chances to knock the ball down, while the other partner returns the soccer ball and replaces the ball on the cone if it falls off. After 5 attempts, you and your partner will switch roles.

Challenge: Try this activity with a dice on the cone instead of a ball. Student gets the number of points facing up on the dice if it falls off.

### Just for Fun (and health)

GRADE K-2

**PHYSICAL ACTIVITY:** Any physical movement that uses the body’s energy.

**Color Dash:** [\[Activity Plan\]](#)

On the start signal, one player from each group will speed walk to the center hoop and pick up a color card. They will then touch 4 cones that match the color on the card. After touching 4 cones, player will put the color card back in the hoop (face down) and high five the next player on their team.

Players will keep rotating until they hear the stop signal. Students waiting in line will do jumping jacks (or another activity) until it is their turn to choose a color card.

Challenge: Use the OPEN Math cards. Students solve the math problem to determine how many cones to touch.