OPEN HOME & SCHOOL MOVEMENT MENU

RISING NEW YORK ROAD RUNNERS

LIFETIME FITNESS
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

RELAX: To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind **relax**.*

This or That: [Vimeo]
   In this activity you will perform a tree pose if you agree with a statement that you hear. You will do jumping jacks if you disagree with the statement.
   The leader will call out a statement about the things they like. For example, "Apples are my favorite fruit." If you agree and apples are your favorite fruit, perform a tree pose. If grapes are your favorite fruit, perform jumping jacks.
   Continue calling out statements, taking turns as leader.

Purposeful Practice

FITNESS PLAN: A course of action designed to reach a desired level of fitness.

*My **fitness plan** includes a variety of physical activities that I enjoy.*

6-Minute FITT Dice: [YouTube]
   Complete 8, 30-second exercise intervals that match the number rolled on the die. See FITT Dice Challenge Cards for different routines.

Out & Back Wellness Walk:
   The object is to walk at a steady pace for 8 minutes. Walk away from the starting point for 4 minutes. At the 4-minute mark, turn around and walk back. At the end of the time you should be back at the starting point.

Just for Fun (and health)

EMOTION: A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good **emotion** that everyone wants to feel.*

20 Questions (100 Reps): [YouTube]
   Pick and exercise, physical activity, or healthy food. The class gets 20 yes/no questions to gain clues and guess what the exercise, activity, or food is.
   The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.
   When the exercise, activity, or food is guessed correctly, pick a new leader to think of a new topic.