CPEN HOME & SCHOOL MOVEMENT MENU



JUGGLE NUTRITION — OPENPHYSED.ORG —

Brain & Body Warm-Ups-

WEEK 1 of 4

TOSS: To throw something lightly.

Jenna **tossed** the beanbag gently into the air.

Scarf Juggling Basics: [YouTube]

Today we start our juggling practice by learning how to toss 1 scarf up and across our bodies. Then, we'll work on a throw-throw-catch-catch patter with 2 scarves. Use the video from the National Circus Project to help you learn this fun skill.

No scarves? Try plastic shopping bags.

3 Scarf Juggling: [YouTube]

Ready to try juggling with 3 scarves? The National Circus Project video will help you progress to the next level.

Purposeful Practice

WEEK 1 of 4

FOOD GROUP: A category of foods that share something in common as they relate to nutrition.

The 5 basic **food groups** are Fruits, Vegetables, Grains, Protein Foods, Dairy.

MyPlate Social Media Profile Activity: [YouTube]

Learn about the 5 food groups by completing fun social media profiles for foods from each group.

Click for the file format you want: [Google Slide; PDF File; PowerPoint]

Find more nutrition activities at NutritionFromTheHart.com

Just for Fun (and health)

WEEK 1 of 4

CATCH: To take hold of an object previously in motion.

Kory reached out her hand to **catch** the falling scarf.

Scarf Juggling Challenges:

2 in 1 Hand [YouTube]

Try this Scarf Juggling Trick with 2 scarves in 1 hand.

1 up 2 up Scarf Juggling [YouTube]

Try this Scarf Juggling Trick with 3 scarves in columns.