

# Go Be Great!



OPENPHYSED.ORG



## Brain & Body Warm-Ups

WEEK 2

**ENTHUSIASM:** An important feeling you get when you're excited about a goal and are motivated to work toward that goal.

*Mr. Walker is enthusiastic about being the best teacher he can be.*

**YES or NO Body Language:** [YouTube](#)

I'm going to ask you some yes or no questions. If your answer is "YES" then you'll jog in place until I ask the next question. If your answer is "NO" then you'll do jumping jacks until I ask the next question. Let's try!

*Does 5 + 5 = 10? YES! (Jog in Place)*

*Does 2 + 2 = 7? NO! (Jumping Jacks)*

*-Is physical activity good for my health?*

*-Do zebras run on only 2 legs?*

*-Find more on the Y or N question card.*

## Purposeful Practice

WEEK 2

**PERSONAL BEHAVIOR:** The actions of an individual person.

*Ms. Wilder taught us to take responsibility for our personal behavior.*

**Best Foot Forward:** [YouTube](#)

Stand at least 6' from a partner. The object is to score 10 points. You get 1 point when your foot pattern matches your partner's pattern choice. Decide who is "same" and who is "different". Jump 3 times and say, "1, 2, show!" Land with your feet together, or your feet apart.

If your feet match your partner's feet (e.g. you both landed with feet together) it's a match and "same" wins. If one's feet are together and one's apart, then "different" wins.

## Just for Fun (and health)

WEEK 2

**RESOURCE:** The supplies, opportunities, and support that a person can use in order to do a job or live productively.

*Kendra can go to a park near her house to walk with her family. It's a great resource that she can use to be physically active.*

**Favorite Song Workout:** [YouTube](#)

Use the song [20 Second or More](#) by Doug E Fresh and [Hip Hop Public Health](#) to get a fun workout. Listen to the song. Jog in place during verses. Do jumping jacks during the chorus. The chorus says, "Wash your hands everybody..."

Listen again and choose 2 different safe exercises. Create new workouts with more of your favorite songs.