



Meaningful Movement &  
**Fitness Fun**  
— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

WEEK 1

**ENERGY:** The strength and endurance that a person has for physical and mental activity.

*People get energy from the food that we eat.*

**Balance and Breathe I:** [\[YouTube\]](#)

Let's use our Speed Stacks cups to help us practice mindful breathing (If you don't have a Speed Stacks cup, you can use any small safe object).

Hold your hand out flat in front of you, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup.

Need a challenge?! Balance 1 cup in each hand.

## Purposeful Practice

WEEK 1

**FRUIT:** One of the 5 food groups that includes sweet edible parts of trees and plants.

*Fruit is a healthy food that gives our bodies energy, vitamins, minerals, and fiber to keep our bodies healthy.*

**Dynamic Warm-up:** [\[YouTube\]](#)

Complete a 6-minute dynamic warm-up routine following the Fitness Fun warm-up interval card.

**Jump Rope Fitness:** [\[YouTube\]](#)

Complete a 6-minute jump rope fitness routine following the interval routine card. If you don't have a jump rope (or don't want to use a jump rope), that's okay. You can perform invisible jump rope skills throughout this routine.

[\(Get interval music on Apple Music\)](#)

## Just for Fun (and health)

WEEK 1

**HEALTH:** Free from sickness & injury. Physical, mental, and social well-being.

*Physical activity and nutritious foods help to protect our health.*

**Nutrition Fortune Teller I:** [\[YouTube\]](#)

Let's learn about nutrition using a new Fortune Teller.

[\(Get More Fortune Tellers Here\)](#)

Start by picking the number that matches the picture of a super food. Open and close the fortune teller while counting to that number. Next, choose the name of the food on the inside of the fortune teller. Open and close while spelling the name of the fruit. Next, open the flap, read the fun fact and complete the activity.