

Instructions: The lessons below were created to help you keep your students active during instructional learning. Virtual activities can be used during online instruction or in large spaces that are well ventilated. We encourage you to have a student lead the physical activity lessons as frequently as possible. Share how you are utilizing this calendar on social media and tag @HealthMPowers.

MONDAY

Outdoor Time

Street Light: Students will complete the physical activity with the corresponding word: "Go" - run in place; "Slow" - march in place; "Whoa" - freeze.

Calming Brain Booster

Tranquil Time: Turn off the lights and encourage students to clear their minds. Then guide students through deep belly breath for two minutes.

Virtual Activity

Start your lesson with a trip down the [Old Town Road](#)

TUESDAY

Outdoor Time

Move It, Move It: Choose two exercises and lead the class for 15 seconds in each exercise. Then call on a student to lead in two different exercises. Repeat 4-5 times. Encourage students to lead in an exercise that has already been shown.

Calming Brain Booster

Relaxation Station: The student tenses up each muscle group, then releases. Start with the shoulders and continue to the next muscle group, ending at the toes.

Virtual Activity

We have [High Hopes](#) for success during this lesson!

WEDNESDAY

Outdoor Time

20 20 Vision: Students perform an exercise for 20 seconds. After 20 seconds ask a student to lead a different exercise. (ex: high knees, jumping jacks, jumping, elbow to knee, squats.

Calming Brain Booster

Silent Walk: Take a 5 to 10-minute silent walking break throughout the halls before taking a test.

Virtual Activity

When it comes to virtual learning, [I Like It!](#)



THURSDAY

Outdoor Time

Move 20, Rest 10: Run in place for 20 seconds. Rest for 10 seconds. Jumping jacks for 20 seconds. Rest for 10 seconds. Repeat 3-5 times using a variety of exercises.

Calming Brain Booster

Stretch It Out! Have students raise their arms over their head. Then reach down and touch your toes (toe touches). Come back to center and make big circles with your arms (arm circles). Repeat.

Virtual Activity

If you are a [Sucker](#) for learning you'll love this activity!

FRIDAY

Outdoor Time

Dance Party! Ask a student to lead a dance for 15 seconds. Then choose another student to lead the class in the first dance for 15 seconds and then add on another dance. Continue rotating leaders 5-6 times, adding to the dance sequence each time.

Calming Brain Booster

Clear Mind: Turn off the lights and encourage students to clear their minds for two minutes.

Virtual Activity

Just Dance! Everyone loves a good dance party. Remind students to take a break from screen time and dance to their favorite song!



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MONDAY

Outdoor Time

Rock, Paper, Scissors:

Students jump three times then choose their position. Rock = feet together; Paper = feet apart; Scissors = feet in stride position one foot in front of the other. Rock beats scissor, scissor beats paper and paper beats rock. Play best out of three. Winner moves to a new partner.

Calming Brain Booster

Reach for the Sky: Play relaxing music while students stand up and stretch for 3 minutes.

Virtual Activity

Join HealthMPowers in [Chair Exercises!](#)

TUESDAY

Outdoor Time

It's All About Speed: How fast can you go? Pick a spot in the distance and see how fast you can get there.

Calming Brain Booster

All About Balance: Students will stand on their right leg and lift their left knee at a 90 degree angle. Then see if they can touch their toe without falling. Repeat 10 times then switch sides.

Virtual Activity

Get your [Mind in Motion](#) with this activity!

WEDNESDAY

Outdoor Time

Lace Up!: Call out a sports skill for students to mimic for 30 seconds each. (Example: shooting a basketball, running through tires, swimming underwater, etc.). Continue for 5-10 minutes.

Calming Brain Booster

Mirror Time!: Partners stand 6 feet apart and face one another. One person is the leader and performs various stretching movements and the follower mirrors the movement. Switch leaders every minute.

Virtual Activity

Magic Word: Choose a vocabulary word. Every time it is stated students will complete 5 desk push-ups.



THURSDAY

Outdoor Time

Countdown: Give five different exercises. Students perform the exercises in descending order. For example, if the leader calls jumping jacks, lunges, hop, arm circles and jump, then students will do 5 jumping jacks, 4 lunges, 3 hops, 2 arm circles and 1 jump.

Calming Brain Booster

What do you Sense?: What do you notice around you? Find: 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell and 1 thing you taste.

Virtual Activity

High Knee Surprise!: Catch the students sitting for too long? Try standing up and completing 15 high knees together!

FRIDAY

Outdoor Time

Touchdown!: Students get in groups of 2 or 3, and create a touchdown dance.

Calming Brain Booster

Lunge Your Way to Lunch! Have students do lunges to and from the cafeteria today.

Virtual Activity

It's time to [Git Up](#) and move those feet!

