

**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

**Big 10:** Hop on one leg 10 times. Switch legs and repeat. Next, take 10 giant steps. Then, do a silly dance for 10 seconds. Last, sprint for 10 seconds. (Repeat 2 rounds.)

### Calming Brain Booster

**Reach for the Stars:** Stand up and make an star with your body by raising your arms above your head and standing with your feet hip-width distance apart. Stand up on your toes and reach up as high as you can. Hold this stretch for 20 seconds. Rest for 10 seconds then repeat.

### Virtual Activity

Get motivated to have a great week by getting your [Mind in Motion](#). (Level 2.2)

## TUESDAY

### Outdoor Time

**I'm a Super Star:** Jump with your arms and legs spread out like a star. Do this 15 times then rest and repeat.

### Calming Brain Booster

**Relaxation Station:** Tense up each muscle group, then release. Start with the shoulders and continue to the next muscle group, ending at the toes. Repeat 5 rounds.

### Virtual Activity

**Trot Tuesday:** Jog in place for 30 seconds and rest for 30 seconds. Repeat 3 rounds.

## WEDNESDAY

### Outdoor Time

**Ready, Set, Run:** Pick a spot outside in the distance and see how fast you and your classmates can run. The winner chooses a 20 second exercise for the class to complete together.

### Calming Brain Booster

**Reach for the Winter Sky:** Start the morning off by reaching your right arm as high as you can toward the sky. Hold for 5 seconds. Then do the same with your left arm. Repeat 10 rounds.

### Virtual Activity

Let's travel to [Old Town Road!](#)



## THURSDAY

### Outdoor Time

**Strong Arms:** Do the following:  
• 10 Arm circles front  
• 10 Arm circles back  
• 10 Forward punches  
• 10 push-ups  
Repeat 5 rounds.

### Calming Brain Booster

**Show Off Your Inner Warrior:** Stand up straight and take a big step forward with one foot, leaving your other foot in place. Raise your hands high over your head, palms facing each other. Turn your back foot, so your toes are pointed away from your body, and bend your front knee. Hold for 30 seconds.

### Virtual Activity

Let's stand up and complete the [Mirror Drill!](#)

## FRIDAY

### Outdoor Time

**Friday Finisher:** A leader will name 5 different exercises and lead them in descending order. For example, if the leader calls squats, lunges, hops, arm circles and push ups, the class will do 5 squats, 4 lunges, 3 hops, 2 arm circles and 1 push up.

### Calming Brain Booster

**Take a Break:** Put down your pencil or move your hands away from your computer to do this stretch. Wiggle your fingers for 10 seconds. Then, roll your wrist in a circular motion for 10 seconds. Repeat 3 rounds.

### Virtual Activity

**Freestyle Friday:** Complete an exercise of your choice for 30 seconds.



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## MONDAY

### Outdoor Time

**Santa's Helper:** Lead an exercise for 15 seconds. Then choose another student to add to the sequence and lead the class in a new exercise for 15 seconds. Continue rotating leaders until there are a total of 10 exercises within the sequence.

### Calming Brain Booster

**Christmas Tree:** Stand tall with your feet together. Reach your arms out to the side. Move your right foot up your left leg turning your right leg out to the side as far as you feel comfortable. Raise your arms up towards the sky. Relax. Repeat on the left side.

### Virtual Activity

It's Monday! Time to put your [Mind in Motion](#) and get ready to learn!

## TUESDAY

### Outdoor Time

**Go/ Slow/Whoa:** Complete the physical activity with the corresponding word called from the leader: Go - move feet as fast as possible; Slow - march in place; Whoa - freeze.

### Calming Brain Booster

**Forward Bend:** Stand tall and bend forward at your waist and reach towards the floor. Hold for 20 seconds then slowly stand up. Repeat 5 rounds.

### Virtual Activity

**Let's Move!** Sitting for too long? Stand up and complete 10 standing marches, 10 arm circles and 10 jumping jacks.

## WEDNESDAY

### Outdoor Time

**2021 Vision:** Perform an exercise for 21 seconds. Then, choose another student to lead a different exercise for 21 seconds. Repeat for 20 rounds.

### Calming Brain Booster

**Holiday Music:** Play relaxing holiday music and stand up and stretch for 3 minutes.

### Virtual Activity

If you are a [Sucker](#) for the holiday break, you will love this.



## THURSDAY

### Outdoor Time

**Chair Squats:** Place arms straight in front. Slowly start to sit down but stop before you touch your chair. Slowly straighten to standing position. Repeat 15 times.

### Calming Brain Booster

**The Warrior:** Rotate your hips and torso toward your right foot. Inhale. Bend your right knee keeping it in line with your ankle. Feel your left leg getting strong. Slowly raise arms overhead and hold for 30 seconds. Relax, then rotate toward your left foot and repeat.

### Virtual Activity

We have [High Hopes](#) for the New Year!

## FRIDAY



### Outdoor Time

**Reindeer Workout:** A leader will state a reindeer name while the class does the corresponding exercise.  
Dasher - 30 sec high knees  
Dancer - 20 pop squats  
Prancer - 10 reverse lunges  
Vixen - 20 squats  
Rudolf - 20 sit ups

### Calming Brain Booster

**Falling Stars:** Stand with your feet wide apart. Reach your hands out to the side as far as you can. Remember to keep your body nice and tall while taking deep belly breaths.

### Virtual Activity

It's time for the Holidays and we [Like It!](#)

