### September: Week 1

**Brain Boosters**

**Name Moves**: Students stand in a circle. In turn, each student says their name accompanied by a special movement that begins with the same letter. For example, a student says, “Jared!” while jumping. After the student does their move, the rest of the class repeats the name and movement. Repeat until all have participated.

**Follow the Leader**: Choose exercises and lead the class for 15 seconds in each. Then another student is selected and leads the class for 2 additional exercises. Repeat 4–5 times. Encourage students to be creative!

### Mindfulness

**Preparation Time**

**Balance Challenge**: Instruct students to stand on one foot and hold a balance position. Challenge the students to see who can hold their balance the longest.

**The Warrior**: Rotate your hips and torso toward your right foot. Inhale. Bend the front knee keeping your right knee in line with your ankle. Feel your left leg getting strong. Slowly raise your arms overhead and hold for 10 seconds. Repeat on the other side.

**Draw it out**: Draw the fist image that comes to mind (i.e., pets, siblings, objects around the house).

### Brain Booster Videos

- **Move your feet and get your Mind in Motion!**
- **It is important to EAT, DRINK, MOVE EVERY DAY!**
- **Show off your dance moves.**
- **Up for the challenge? Try these Chair Exercises.**
- **Start the morning off by completing the Mirror Drill.**
- **It’s time to Git Up and move those feet!**

**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.

**Physical Activity Calendar**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Brain Boosters</strong></td>
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<tr>
<td><strong>Name Moves</strong></td>
<td><strong>Follow the Leader</strong></td>
<td><strong>Tabata</strong></td>
<td><strong>Run vs. Rest</strong></td>
<td><strong>Lead the Way</strong></td>
</tr>
<tr>
<td>Students stand in a circle. In turn, each student says their name accompanied by a special movement that begins with the same letter. For example, a student says, “Jared!” while jumping. After the student does their move, the rest of the class repeats the name and movement. Repeat until all have participated.</td>
<td>Choose exercises and lead the class for 15 seconds in each. Then another student is selected and leads the class for 2 additional exercises. Repeat 4–5 times. Encourage students to be creative!</td>
<td>Students perform different exercise. Every 20 seconds, a new exercise is called out (i.e. high knees, jumping jacks, jumping, elbow to knee, squats). Repeat 5 rounds.</td>
<td>Run in place for 20 seconds. Rest for 10 seconds. Do jumping jacks for 20 seconds. Rest for 10 seconds. Repeat 3–5 times. Use different exercises.</td>
<td>One student leads 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 for 15 seconds. Continue rotating leaders 5–6 times, adding on to the dance sequence.</td>
</tr>
</tbody>
</table>

### Mindfulness

**Preparation Time**

**Stretch Time**: Stretch to the side (side bends). Reach down and touch your toes (toe touches). Make big circles with your arms (arm circles). Stretch as tall as you can.

**Take a Trip**: Sit in a comfortable position and close your eyes. Relax and think of a safe space (i.e. grandparent’s house, sports field, walking in the parks) Imagine yourself in this place for 3–5 minutes.

**Balance Challenge**: Instruct students to stand on one foot and hold a balance position. Challenge the students to see who can hold their balance the longest.

**The Warrior**: Rotate your hips and torso toward your right foot. Inhale. Bend the front knee keeping your right knee in line with your ankle. Feel your left leg getting strong. Slowly raise your arms overhead and hold for 10 seconds. Repeat on the other side.

**Draw it out**: Draw the fist image that comes to mind (i.e., pets, siblings, objects around the house).

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- **Move your feet and get your Mind in Motion!**
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**Log in GoNoodle with secondarysector@healthmpowers.org and password Healthy123 to access videos.**

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### Instructions:
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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>Brain Boosters</strong></td>
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<tr>
<td><strong>Crazy Arms</strong></td>
<td><strong>Catch Up</strong></td>
<td><strong>Jump, Jump</strong></td>
<td><strong>Glow/ Slow/Whoa</strong></td>
<td><strong>Star Jumps</strong></td>
</tr>
<tr>
<td>As fast as you can</td>
<td>Form a single file line</td>
<td>Jump side-to-side over</td>
<td>Complete the physical</td>
<td>Jump up with your arms</td>
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<tr>
<td>complete the following:</td>
<td>line outside or in the</td>
<td>an object or line for</td>
<td>activity with the</td>
<td>and legs spread out</td>
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<tr>
<td>10 Forward punches</td>
<td>gym and begin jogging.</td>
<td>1 minute straight. Go</td>
<td>corresponding word:</td>
<td>like a star. Do this 10</td>
</tr>
<tr>
<td>10 Raise the roofs</td>
<td>The person at the back</td>
<td>again but jump front to</td>
<td>“Go” - move feet as fast</td>
<td></td>
</tr>
<tr>
<td>10 Forward arm circles</td>
<td>of the line runs to the</td>
<td>back. Repeat each jump</td>
<td>as possible; “Slow” -</td>
<td></td>
</tr>
<tr>
<td>10 Backward arm circles</td>
<td>front and picks up the</td>
<td>twice.</td>
<td>march in place; “Whoa”-</td>
<td></td>
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<td></td>
<td>pace. Once they get to</td>
<td></td>
<td>freeze.</td>
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<td></td>
<td>the front of the line,</td>
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<td>the last person in line</td>
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<td></td>
<td>takes off for the front</td>
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<td></td>
<td>of the line. Continue</td>
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<td></td>
<td>for 3-5 minutes.</td>
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<td><strong>Mindfulness</strong></td>
<td><strong>Tadasana Tuesday</strong></td>
<td><strong>Mindfulness</strong></td>
<td><strong>Mindfulness</strong></td>
<td><strong>Mindfulness</strong></td>
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<tr>
<td><strong>Break Time</strong></td>
<td>Tadasana is the primary</td>
<td><strong>A Gratitude Attitude:</strong></td>
<td><strong>Practice and Prepare:</strong></td>
<td><strong>Silent Sequence:</strong></td>
</tr>
<tr>
<td>Close your eyes and</td>
<td>standing pose of yoga,</td>
<td>Write down something</td>
<td>Prepare for your next test</td>
<td>Silently line up in the</td>
</tr>
<tr>
<td>clear your mind. See</td>
<td>teaching us how to stand</td>
<td>you’re thankful for and</td>
<td>by visualizing success.</td>
<td>order of your birthday.</td>
</tr>
<tr>
<td>how many students can</td>
<td>tall, balanced and</td>
<td>why.</td>
<td>Take 3 minutes and think</td>
<td></td>
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<tr>
<td>remain focus free for</td>
<td>composed. Practice</td>
<td></td>
<td>on positive characteristics</td>
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<tr>
<td>10 seconds try again.</td>
<td>standing tall and</td>
<td></td>
<td>about yourself.</td>
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<td>confident next to your</td>
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<td>desk while thinking</td>
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<td>positive thoughts.</td>
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<td><strong>Brain Booster Videos</strong></td>
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<tr>
<td>It’s Monday, time to</td>
<td><strong>Silent Sequence:</strong></td>
<td><strong>Silent Sequence:</strong></td>
<td><strong>Chair Exercises</strong></td>
<td><strong>Friday Freeze!</strong></td>
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<tr>
<td>get that **Mind in</td>
<td>Silently line up in the</td>
<td>Silently line up in the</td>
<td>Sitting too long? Try</td>
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<tr>
<td>Motion** and ready to</td>
<td>order of your birthday.</td>
<td>order of your birthday.</td>
<td>these <strong>Chair Exercises</strong>,</td>
<td></td>
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<tr>
<td>learn! (Level 2.1)</td>
<td>Use gestures by holding</td>
<td>Use gestures by holding</td>
<td>and get ready to learn!</td>
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<td>up your fingers to</td>
<td>up your fingers to</td>
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<td>denote numbers. You</td>
<td>denote numbers. You</td>
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<td></td>
<td>cannot say a word.</td>
<td>cannot say a word.</td>
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<td>At the end, each student</td>
<td>At the end, each student</td>
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<td></td>
<td>says their birthday</td>
<td>says their birthday</td>
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<td>aloud to see if they</td>
<td>aloud to see if they</td>
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<td>were successful.</td>
<td>were successful.</td>
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**Brain Booster Videos**

- **If you’re a sucker for learning, try this exercise!**
- **Sitting too long? Try these Chair Exercises.**
- **Preparing for a test? We have High Hopes you will earn an “A”!**

**Brain Booster Videos**

- **Preparing for a test? We have High Hopes you will earn an “A”!**
- **Let’s stand up and dance for the weekend.**

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**Brain Boosters**

**Monday**

**Abs:**
- 10 Knee to elbow planks
- 10 Crunches
- 10 Superman poses

**Mindfulness**

**Begin with Balance:**
Stand on your right leg and lift your left knee at a 90 degree angle. Touch your left toe without falling, repeat 5 times then switch sides.

**Brain Booster Videos**
Get your Mind in Motion with this activity!
(Level 2.2)

**Tuesday**

**Brain Boosters**

**Core Challenge:**
- 10 second plank
- 10 Crunches
- 10 Sit ups
Repeat 5 times without resting.

**Mindfulness**

**Tree Pose:** Stand behind your desks and pose like a tree (big, tall, and strong!) Hold that position while counting silently to 30.

**Brain Booster Videos**
Increase your heart rate just by sitting with these Chair Exercises!
(Level 2)

**Wednesday**

**Brain Boosters**

**Wall Sit:** Find an empty space on the wall and pretend to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times.

**Mindfulness**

**Clear & Calm:** Turn off the lights and encourage students to clear their minds for 5 minutes.

**Brain Booster Videos**
Let’s take a trip down Old Town Road.

**Thursday**

**Brain Boosters**

**10 v. 10 Intervals:**
- 10 Jumping jacks
- 10 Broad jumps
- 10 second sprints
- 10 Push ups
- 10 Sit-ups

**Mindfulness**

**Meditation Music:** Play relaxing music while students stand up and stretch for 3 minutes.

**Brain Booster Videos**
Mirror Mirror on the wall, let’s get up and move to the calls.

**Friday**

**Brain Boosters**

**20 High Knee Twists:** Bring your knee to your opposite elbow and switch. For a challenge, add a hop when switching sides.

**Mindfulness**

**Mood Makeover:** How do you feel when you are in a good mood? Focus on the way your body reacts and feels when everything is going your way. Close your eyes and use self-talk to encourage a positive mood.

**Brain Booster Videos**
Friday Football: Let’s try a pro football players workout to end this week strong!

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**Physical Activity Calendar**

**September: Week 3**

**MONDAY**

**Brain Boosters**
Abs:
- 10 Knee to elbow planks
- 10 Crunches
- 10 Superman poses

**Mindfulness**
Begin with Balance:
Stand on your right leg and lift your left knee at a 90 degree angle. Touch your left toe without falling, repeat 5 times then switch sides.

**Brain Booster Videos**
Get your Mind in Motion with this activity!
(Level 2.2)

**TUESDAY**

**Brain Boosters**
Core Challenge:
- 10 second plank
- 10 Crunches
- 10 Sit ups
Repeat 5 times without resting.

**Mindfulness**
Tree Pose: Stand behind your desks and pose like a tree (big, tall, and strong!) Hold that position while counting silently to 30.

**Brain Booster Videos**
Increase your heart rate just by sitting with these Chair Exercises!
(Level 2)

**WEDNESDAY**

**Brain Boosters**
Wall Sit: Find an empty space on the wall and pretend to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times.

**Mindfulness**
Clear & Calm: Turn off the lights and encourage students to clear their minds for 5 minutes.

**Brain Booster Videos**
Let’s take a trip down Old Town Road.

**THURSDAY**

**Brain Boosters**
10 v. 10 Intervals:
- 10 Jumping jacks
- 10 Broad jumps
- 10 second sprints
- 10 Push ups
- 10 Sit-ups

**Mindfulness**
Meditation Music: Play relaxing music while students stand up and stretch for 3 minutes.

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Mirror Mirror on the wall, let’s get up and move to the calls.

**FRIDAY**

**Brain Boosters**
20 High Knee Twists: Bring your knee to your opposite elbow and switch. For a challenge, add a hop when switching sides.

**Mindfulness**
Mood Makeover: How do you feel when you are in a good mood? Focus on the way your body reacts and feels when everything is going your way. Close your eyes and use self-talk to encourage a positive mood.

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**Brain Boosters**

**Electric Slide Challenge:** Slide to your left for 10 steps. Slide to the right for 10 steps. Then face forward and sprint for 10 seconds.

**Vertical Jump:** Jump as high as you can for 30 seconds. Repeat.

**10 Side Lunge:** Complete a side lunge with a cross-hook punch. Do 10 on each side.

**Stress Challenge:** Try to push the wall over for 10 seconds then relax for 10 seconds. Repeat 3 times. This process allows the muscles to contract in a futile attempt, releasing feel-good hormones into the body.

**Cross Body Activities:**
Alternately move one arm and its opposite leg and the other arm and its opposite leg. Touch your hand to your opposite foot. Touch your elbow to your opposite knee.

**Mindfulness**

**Savasna:** Place your head on your desk in silence for 2 minutes. When done, stand up and stretch to get ready for the day. Many yoga instructors use a method of this to help participants clear their mind.

**Walk it Out:** Keep appropriate social distancing and take a walk around the building or go the long way to lunch.

**Posture Perfect:** Sit up nice and tall in your chair. Slowly stretch one arm up and over. Repeat on the other side. Then twist to one side and look at the back wall. Repeat on the other side.

**Turn Down for What:** Turn off the lights and encourage students to clear their minds for two minutes.

**Mindfulness Videos**

It’s time for some Monday motivation! Move your feet and keep your *Mind in Motion.* (Level 4.2)

**Brain Booster Videos**

When it comes to virtual learning, *I Like It!* If you are a *Sucker* for learning you’ll love this activity!

I don’t know about you, but I’m ready to *Get Energized* for the weekend!

**Outdoor Time**

Walk and Talk/Test Review:
Form small groups of 2 or 3 keeping appropriate social distancing. Designate a walking area space and discuss/review a current lesson while walking.

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