**August: Week 1**

**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.

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<td><strong>Shuttle Run:</strong> Pick a starting point and place 2 small objects 10 yards from each other. Sprint back and forth between each object. Then choose a classmate to pick the next exercise. Repeat 4 rounds.</td>
<td><strong>Prepare for a Test:</strong> Take a 5-minute break; walk through the halls or outside before taking a test.</td>
<td><strong>Tuesday Tabata:</strong> Choose a student to lead an exercise for 20 seconds. Then choose another student to lead a different exercise. Repeat 5 rounds.</td>
<td><strong>Wall Sit:</strong> Find a spot on the wall and put your back flat against the wall. Keep your feet shoulder-width apart and bend your knees like you’re sitting in a chair. Keep your heels on the ground and hold for 30 seconds. Rest for 30 seconds. Repeat 3 rounds.</td>
<td><strong>Skate to the Weekend:</strong> Hop to your right, bringing your left foot behind you with both knees bent &amp; body low. Then hop to your left and do the same movement. Repeat for 30 seconds.</td>
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<td><strong>Mindfulness</strong></td>
<td><strong>Warm Summer Vacation:</strong> Stand tall and reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to the center. Tilt your body to the other side. Practice this at your own pace for 3 minutes.</td>
<td><strong>Jump, Jump:</strong> Pick a starting point and jump as far as you can. Repeat 3 rounds. Track each jump to see if you can beat your personal record.</td>
<td><strong>Butterfly:</strong> Sit on the floor and bend your knees, so that the bottom of your feet are together. Keeping your feet together, slide your legs forward. Then slowly bend your torso toward your feet to stretch your lower back. Hold for 30 seconds.</td>
<td><strong>Be Kind to Yourself:</strong> Take time to stretch with HealthMPowers®!</td>
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<td><strong>It's Monday! Let's get our Mind in Motion for a great week! (Level 1)</strong></td>
<td><strong>Try It Out:</strong> Create a list of your top 5 favorite stretches. Do these stretches at your own pace for 5 minutes.</td>
<td><strong>Mid-Week Stretch:</strong> Let’s stand up and complete a, relaxing mindful stretch!</td>
<td><strong>Let's travel to Old Town Road.</strong></td>
<td><strong>It's time to Git Up for the weekend!</strong></td>
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**Brain Booster Videos**
Sitting to long? Try these Seated Chair Exercises.

**Brain Booster Videos**
Mid-Week Stretch: Let’s stand up and complete a, relaxing mindful stretch!

**Brain Booster Videos**
Let’s travel to Old Town Road.

**Brain Booster Videos**
It's time to Git Up for the weekend!

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**Brain Boosters**

**Countdown:** Give 5 different exercises. Perform the exercises in descending order. For example, the leader calls jumping jacks, lunges, squats, arm circles and push-ups. The students will do 5 jumping jacks, 4 lunges, 3 squats, 2 arm circles and 1 push-up.

**One-Foot Hops:** Lift one knee and hop on your standing leg 10 times. Then alternate legs. Repeat 3 rounds.

**Mindfulness**

**Warrior 1 Pose:** Stand with your feet apart and widen your arms so your body looks like a “T.” Point one foot to the side and bend your front knee over your toes. Stand strong like a warrior for 1 minute.

**Crescent Moon Pose:** Stand tall and reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to the center. Tilt your body to the other side. Practice this at your own pace for 3 minutes.

**Criss-Cross Feet:** Jump straight up, then cross one foot in front of the other. On the next jump, switch feet. Repeat 20 rounds.

**Mindfulness Star:** Stand with your feet wide apart. Reach your hands out to the sides as far as you can. Remember to keep your body nice and tall. Don’t forget to breathe. Hold for 10 seconds.

**Push-Up Challenge:** Try completing as many push-ups as you can for 2 minutes.

**Mindfulness Superman:** Stand with your feet just wider than your hips. Clench your fist and reach your arms reached out to the sky. Stretch your body as tall as possible. Hold for 20 seconds

**Quad Burner:** Stand up and complete 20 jump squats. Repeat 3 rounds.

**Brain Booster Videos**

It’s Monday, let’s start with getting our **Mind in Motion** to have a great week! (Level 2.1)

**Brain Booster Videos**

**Warrior Wednesday:** Release your inner Warrior!

**Mindfulness Star:** Pick a new **Brain Booster** to try today!

**Brain Booster Videos**

**Friday Freestyle:** Stand up and dance to your favorite song.

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**Physical Activity Calendar**

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<td><strong>Warrior 1 Pose:</strong> Stand with your feet apart and widen your arms so your body looks like a “T.” Point one foot to the side and bend your front knee over your toes. Stand strong like a warrior for 1 minute.</td>
<td><strong>Lunge Your Way to Lunch!</strong> Lunge to and from the cafeteria today.</td>
<td><strong>Superman:</strong> Stand with your feet just wider than your hips. Clench your fist and reach your arms reached out to the sky. Stretch your body as tall as possible. Hold for 20 seconds</td>
<td><strong>Star:</strong> Stand with your feet wide apart. Reach your hands out to the sides as far as you can. Remember to keep your body nice and tall. Don’t forget to breathe. Hold for 10 seconds.</td>
<td><strong>Brain Booster Videos</strong> Pick a new <strong>Brain Booster</strong> to try today!</td>
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**Brain Boosters**

**Monday Mountain:** Start in a plank position and alternate driving your knees toward your chest. Try to keep your hips even and parallel to the ground. Rest for 30 seconds. Repeat 3 rounds.

**Tuesday:**

**Touch the Floor Tuesday:** Complete 10 burpees and rest for 60 seconds. Repeat 3 rounds.

**Wednesday:**

**Hurdle Hops:** Jump side-to-side or front-to-back over a pretend hurdle for 30 seconds. Repeat 3 rounds.

**Thursday:**

**Sprint Past Thursday:** Pick a spot outside in the distance and see how fast you and your classmates can run to it. The winner picks and leads everyone in an exercise for 30 seconds.

**Friday:**

**Leg Challenge:** Hold a squat position for 60 seconds. Then do 10 lunges. Repeat 3 rounds.

**Brain Booster Videos**

**Your teacher has High Hopes you'll have a great year!**

**Brain Booster Videos**

**Mirror, mirror, on the wall, am I going to have a great school year after all? Complete the Mirror Drill.**

**Brain Booster Videos**

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

**Brain Booster Videos**

**Friday Freeze!** Let’s stand up and dance for the weekend.

**Mindfulness**

**Head Below Your Heart:** Sitting in your chair, put your head between your knees and take deep breaths for 60 seconds.

**Triangle Pose:** Stand with your feet wide apart. Turn your right foot to point outward. Lower your right hand down to your shin or ankle. While bent at the waist, reach your left fingertips toward the ceiling. Hold for 20 seconds.

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

**Water Break:** Take a break and walk to the water fountain in between class changes. Make sure you are drinking more water and less sugary drinks every day.

**Mountain Pose:** Stand tall, with your toes touching and heels slightly apart. Allow your body to gently sway back and forth. Slowly bring the swaying to a standstill. Stop with your weight balanced evenly on both feet. Breathe deeply and hold this pose for 2-3 breaths or as long as you are comfortable.

**Brain Booster Videos**

**Get your mind focused for the week with Mind in Motion.** (Level 2.2)
**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

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<td><strong>Brain Boosters</strong>&lt;br&gt;2022 Workout: Lead an exercise for 20 seconds then rest for 22 seconds. Choose a new exercise after each rest. Repeat 3 rounds.</td>
<td><strong>Brain Boosters</strong>&lt;br&gt;<em>Elbow to Knee:</em> Bring your knee to your opposite elbow and switch. For a challenge, add a hop when switching sides. Repeat 3 rounds.</td>
<td><strong>Brain Boosters</strong>&lt;br&gt;<em>Strength Day:</em> Complete the following with controlled movement.&lt;br&gt;• 10 Forward arm circles&lt;br&gt;• 10 Air punches&lt;br&gt;• 10 Bicep curls&lt;br&gt;• Repeat 5 rounds.</td>
<td><strong>Brain Boosters</strong>&lt;br&gt;<em>High Knees:</em> Stand up and complete 20 high knees to celebrate the weekend. Then, run in place for 20 seconds. Repeat 5 rounds.</td>
<td><strong>Brain Boosters</strong>&lt;br&gt;<em>Freeze Dance Friday:</em> Play music and when the music starts, everyone dances. When the music stops, everyone must freeze in their position. Anyone caught moving after the music stops will move to the side and do standing crunches. Continue playing until one person is left.</td>
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<td><strong>Mindfulness</strong>&lt;br&gt;<em>Morning Balance:</em> Stand on your right leg and lift your left knee at a 90-degree angle. Touch your toe without falling. Repeat 5 rounds then switch sides.</td>
<td><strong>Mindfulness</strong>&lt;br&gt;<em>Chair Pose:</em> Stand tall with your feet hip-width apart. Bend your knees, and bring your arms straight up in front of you. Hold for 30 seconds.</td>
<td><strong>Mindfulness</strong>&lt;br&gt;<em>Tadasana:</em> Stand tall and confident next to your desk while thinking positive thoughts in your head. Complete for 3 minutes.</td>
<td><strong>Mindfulness</strong>&lt;br&gt;<em>Switch Off:</em> Turn off the lights and screens to clear your mind for 3 minutes. Practice breathing and relaxing.</td>
<td><strong>Mindfulness</strong>&lt;br&gt;<em>Forward Bend:</em> Bend forward at your waist and reach toward the floor. Hold for 20 seconds then slowly stand up. Repeat 5 rounds.</td>
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<td><strong>Brain Booster Videos</strong>&lt;br&gt;Get your mind focused for the week with <em>Mind in Motion.</em> (Level 2.2)</td>
<td><strong>Brain Booster Videos</strong>&lt;br&gt;Take a break from screen time and dance to your favorite song!</td>
<td><strong>Brain Booster Videos</strong>&lt;br&gt;If you’re a <em>sucker</em> for learning, try this exercise!</td>
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