



= WATER BOTTLE CHECK—if a kid has their water bottle, they get a sticker put in their planner on either page 15 or the inside front cover. After every 6 water bottles, they can show their planner to Shedeed at lunch for a prize

September 2014

1st Friday of every month will be all school participation over announcements

| Mon | Tue | Thu | Fri |
|---|---|---|---|
| 1 | 2 <u>Box Drills</u> Take kids outside. Sprint forward 15 yds, side shuffle left for 15 yds, back peddle for 15 yds, side shuffle right for 15 yds as fast as you can. | 4 <u>2 minute Intervals</u> Take kids outside. Jog for 2 minutes, walk for 2 minutes, jog for 2 minutes, etc. for 10 minutes. Optional challenge: 2 burpees at every transition.  | 5 <u>Partner Cardio</u> With a partner, do high knees for 3 sets of 30 seconds as fast as you can. Optional challenge: add more movements to increase time, but follow same format. |
| 8 <u>Diagonal Knee Lifts</u> Step to the side with arms up. Pull your knees to chest and arms down, alternate sides and do same thing. 3 sets of 1 min. | 9 5 walking lunges 5 jumping lunges/split squats 5 jump squats 3 times through  | 11 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel http://www.youtube.com/playlist?list=PLxIXf16Vww_iBMd0vvepyqq0FwZSoOqNV | 12 <u>Elevated-Foot Side Planks</u> Lie on your side with your feet elevated on a bench/chair. Hold a side plank on your elbow for 30 seconds. Repeat other side. |
| 15 <u>Leg Day</u> 1 min. step ups at desk onto chair 30 sec. tuck jumps Repeat at least 2 times  | 16 <u>Spider Pushups</u> Do a push up and as you lower your arms, touch your right knee to right elbow, switching knees every time. Beginner = 5, Int. = 10, Advanced = 20 | 18 <u>Johnson & Johnson 7 Minute Workout</u>  Download the app onto your iPad, follow its instructions, and show under your document camera (be sure the sound is plugged in) | 19 <u>Fit Stick Day</u> Choose a few of the fit sticks (random colors) and have students complete those movements/activities for the day. |
| 22 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel | 23 <u>Walk It</u> Go outside and walk the track today 6th=Monday 7th=Tuesday 8th = Thursday  | 25 <u>Super Planks</u> Hold a push up plank, extend your left arm and lift your right leg. Return to plank, repeat with other arm and other leg. Perform 10. | 26 <u>Daily Yoga</u>  Download the iPad app. Select “Start Training”. Choose one of the workouts you’d like to do. Download it & play for the class. **Do NOT download “Pro” workouts as you’ll have to pay for them. |
| 29 <u>Ball Day</u> Take the kids outside with your grade level’s bucket of balls & let kids play 10-20 minutes. 6th=Monday; 7th=Tuesday; 8th = Thursday  | 30 <u>Stop, Breathe & Think</u>  Download the iPad app. Have students check-in as a class, then choose one of the meditations to follow for the day. | | Monthly Drawing: Did your class meet the 20 minutes minimum of physical activity per week? If so, have all students fill out their full name onto a slip of paper to be entered into the monthly drawing. Turn slips into Jolene. |

October 2014

| Mon | Tue | Thu | Fri |
|---|--|---|---|
| <p>***For days that involve going outside, you might want to be sure you're going on the correct grade level day and check with your grade level if you'd like to organize or designate areas.***</p> | | <p>2 <u>3 sets/12 reps</u> </p> <p>Complete 3 sets of 12 reps of supermans with a 30 second hold at the top each time. Then have students find a larger book in your room and complete 3 sets of 12 reps of bicep curls.</p> | <p>3 <u>7 Minute Workout</u> </p> <p>Download the app onto your iPad and have students complete the workout. Show your iPad under your doc camera & be sure the sound is plugged in.</p> |
| <p>6 <u>Don't Push Me Around</u></p> <p>20 pushups, 10 hand release pushups, 30 second plank hold, 20 pushups, 10 hand release pushups, 45 second plank hold, 20 pushups, 10 hand release pushups, 60 second plank hold</p> | <p>7 <u>Nature Walk</u></p> <p>Go outside and walk around the school. Have students observe what nature offers in the morning. Return to the classroom for students to write about what they saw in whatever type of writing they prefer (poem, story, reflection, etc.)</p> <p><i>6th=Monday; 7th=Tuesday; 8th = Thursday</i></p> | <p>9 <u>Fit Stick Day</u></p> <p>Choose a few of the fit sticks (random colors) and have students complete those movements/activities for the day.</p> | <p>10 <u>Mountain Climber Pyramid</u></p> <p>Perform X reps each set and rest 20 seconds between each set. Both legs = 1.</p> <p>1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1</p>  |
| <p>13 <u>Dance Video</u></p> <p>Pick a dance video from the OTMS Health YouTube Channel</p> | <p>14 <u>Johnson & Johnson 7 Minute Workout</u> </p> <p>Using the app on your iPad, choose a workout from the "Workout Library"</p> | <p>16 <u>Ball Day</u></p> <p>Take the kids outside with your grade level's bucket of balls & let kids play 10-20 minutes.</p> <p><i>6th=Monday; 7th=Tuesday; 8th = Thursday</i> </p> | <p>17</p> |
| <p>20 <u>Lap Day</u></p> <p>Go outside. Run a fast lap, then walk a lap; repeat one more time. Stretch to cool down.</p> <p><i>6th=Monday; 7th=Tuesday; 8th = Thursday</i> </p> | <p>21 <u>Death by Burpees</u></p> <p>On the 1st minute, complete 1 burpee On minute 2, complete 2 burpees On minute 3, 3 burpees — ETC. until students are no long able to complete the # of burpees for that minute. Last student going wins.</p> | <p>23 <u>Stop, Breathe & Think</u> </p> <p>Using the iPad app. Have students check-in as a class, then choose one of the meditations to follow for the day.</p> | <p>24 <u>Crunches</u></p> <p>Find something heavy in the room for students to hold above them while laying down (textbook, binder, chair). Hold the item up and do crunches. 3 sets of 30.</p> |
| <p>27 <u>Daily Yoga</u> </p> <p>Download the iPad app. Select "Start Training". Choose one of the workouts you'd like to do. Download it & play for the class. **Do NOT download "Pro"</p> | <p>28 <u>Balancing</u></p> <p>Spend some time today working on balance. Balance on one foot for 30 seconds, then the other foot. Repeat. Then go down on the floor into a v-sit and work on balance for core.</p> | <p>30 <u>Stationary Lunges</u></p> <p>5 rounds of -10 lunges (each leg = 1) -20 air squats -10 burpees </p> | <p>31 <u>Dance Video</u></p> <p>Pick a dance video from the OTMS Health YouTube Channel</p> <p>**MONTHLY DRAWING!!!!**</p> |

November 2014

| Mon | Tue | Thu | Fri |
|--|---|--|--|
| <p>3 <u>Ball Day</u> Take the kids outside with your grade level's bucket of balls & let kids play 10-20 minutes. <i>6th=Monday; 7th=Tuesday; 8th = Thursday</i></p> | <p>4 <u>7s</u> 7 rounds of... 7 burpees 7 air squats 7 sit-ups</p> | <p>6 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel </p> | <p>7 <u>PE Practice</u> Run in place for 3 minutes. Complete Bulldog jumping jacks. If students are not completely in sync, they need to start over. Be aware of noise level for other classes around you though</p> |
| <p>10 <u>Fit Stick Day</u> Choose a few of the fit sticks (random colors) and have students complete those movements/activities for the day. </p> | <p>11 <u>Stop, Breathe & Think</u> Using the iPad app. Have students check-in as a class, then choose one of the meditations to follow for the day. </p> | <p>13 <u>Musical Chairs</u> Play music (Pandora or other). When music stops, students complete 1 min of each: air squats, tell a partner your favorite healthy meal & why, doggy-paddle (swim), tell a partner two specific things you learned in school yesterday & what in what class & why you're learning that, walking lunges back to your seat</p> | <p>14 <u>Card Workout</u> With a deck of cards, each type of card is assigned a movement. Hearts = lunges; Clubs = reverse crunches; Diamonds = pushups; Spades = crunches. Card # = that # of reps. Face cards = 12 reps. Ace = 1 minute rest</p> |
| <p>17 <u>Quarter Less</u> 100 jumping jacks 75 squats 50 mountain climbers (both legs = 1) 25 push-ups</p> | <p>18 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel</p> | <p>20 <u>Knockout</u> Using a trashcan in your room and a couple balls, have students play knockout. Options: girls only & boys only, co-ed, etc.</p> | <p>21 <u>Johnson & Johnson 7 Minute Workout</u> Using the app on your iPad, choose a workout from the "Workout Library"  </p> |
| <p>24 <u>PopSugar Active</u> Download the iPad app. On the "Featured" home page, there are lots of video options (some say time of workout) for you/your class to choose from today. </p> | <p>25 <u>3 Rounds of 30s</u> 30 sec of each activity; complete all of it 3 times through: Jumping jacks; mountain climbers; burpees; step-ups  **MONTHLY DRAWING!!**</p> | <p>27</p> | <p>28</p> |

December 2014

| Mon | Tue | Thu | Fri |
|--|--|---|--|
| <p>1 <u>5-4-3-2-1 = 15 min workout</u> FIVE: 1 min each of high knees, jumping jacks, front kicks, jumping jacks, run in place FOUR: 1 min each of lunges, mountain climbers, lunges, mountain climbers THREE: 10 pushups, 15 tricep dips, as many rounds in 3 minutes TWO: 30 sec air squat, 30 sec jump squat, 30 sec air squat, 30 sec jump squat ONE: 1 min plank</p> | <p>2 <u>10 min: All About the Core</u> 1 min Supermans 1 min standard plank (on elbows) 1 min mountain climbers; 1 min Supermans 1 min right-side plank 1 min mountain climbers; 1 min Supermans 1 min left-side plank 1 min mountain climbers; 1 min Supermans</p> | <p>4 <u>Fit Stick Day</u> Choose a few of the fit sticks (random colors) and have students complete those movements/activities for the day.</p>  | <p>5 <u>Daily Yoga</u> Download the iPad app. Select "Start Training". Choose one of the workouts you'd like to do. Download it & play for the class. **Do NOT download "Pro" workouts as you'll have to pay for them.</p>  |
| <p>8 <u>Johnson & Johnson 7 Minute Workout</u> Using the app on your iPad, choose a workout from the "Workout Library"</p>   | <p>9 <u>Pencil Jumps</u> Lay a pencil on the ground in front of you (have some space at either side). Complete 1-3 minutes of non-stop stick jumps (jumping from side to side). Keep track of who has the most jumps for the class winner.</p> | <p>11 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel</p> | <p>12 <u>5 Minute Ab Workout</u></p>  <p>Download the "5/7/10 Minute Abdominal Workout" to your iPad. Once open in the app, click "Start Workout" and kids can follow along. Requires 7 minutes.</p> |
| <p>15 <u>Silent Ball</u> Play silent baseball as a class. See attached instructions</p> | <p>16 <u>Stop, Breathe & Think</u> Using the iPad app. Have students check-in as a class, then choose one of the meditations to follow for the day.</p>   | <p>18 <u>5 Min Legs</u> 15 sec quad stretch each leg 15 sec knee-to-chest stretch each leg 1 min air squats 1 min step-ups (on chair) 1 min air squats 1 min step-ups</p> | <p>19 <u>Jump-Jump</u> 1 min jog in place—start slow 1 min jumping jacks 1 min jumping lunges 1 min jumping squats 1 min jumping jacks 1 min jump rope 1 min jumping jacks 1 min jog in place 1 min walk in place</p> <p>**MONTHLY DRAWING**</p> |

January 2015

| Mon | Tue | Thu | Fri |
|--|---|--|---|
| 5 | 6 <u>Stop, Breathe & Think</u> Using the iPad app. Have students check-in as a class, then choose one of the meditations to follow for the day.  | 8 <u>10 Min AMRAP</u> (as many rounds as possible) 5 push-ups 10 air squats 15 sit-ups  | 9 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel |
| 12 <u>Fit Stick Day</u> Choose a few of the fit sticks (random colors) and have students complete those movements/activities for the day.  | 13 <u>10s</u> 10 Reps of each movement: Steps/March in Place (both feet = 1) Facing your chair, tap your toes on the chair (both feet) Feet together, hop side-to-side Tap your bottom on chair & stand up Hands on abs, squeeze & release abs (breathing) | 15 <u>Johnson & Johnson 7 Minute Workout</u>  Using the app on your iPad, choose a workout from the “Workout Library” | 16 <u>Burpees</u> 5 minute warm-up picking Fit Sticks (2 blue, 2 green, 1 red) 2.5 minute burpee partner challenge: Students partner up and for 2.5 minutes, one person completes as many burpees as possible. Then other partner goes. Winner gets |
| 19 | 20 <u>PopSugar Active</u>  Using the iPad app. On the “Featured” home page, there are lots of video options (some say time of workout) for you/your class to choose from today. | 22 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel | 23 <u>Lunge Pyramid</u> Perform X reps each set and rest 20 seconds between each set. Both legs = 1. 1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1  |
| 26 <u>Boxercise Week</u>  Download the iPad app. Select “Learn the Punches” and you’ll have to enter in your credentials to view the videos (your typical log in for the school computers). Spend today learning punches 1-4 | 27 <u>Boxercise Week</u> Using the iPad app again (you’ll probably have to enter your credentials each day), continue “Learn the Punches” from where you left off yesterday, completing 5-8.  | 29 <u>Boxercise Week</u> Using the iPad app, going back into “Learn the Punches”, have students complete “The Punches—All Together”. Once complete, as recommended, have kids work to complete 300 sets of the combination (set to music if you’d like) | 30 <u>Boxercise Week</u> Using the iPad app, click on the menu in the upper left hand corner & select “Workouts”. Select “Workout 1—Fat Burner” for the class to complete. **MONTHLY DRAWING!!!! |

February 2015

| Mon | Tue | Thu | Fri |
|---|--|--|--|
| <p>2 <u>Long Arm Crunches</u></p> <p>4 sets of 20</p> <p>Do crunches with your arms straight out in front of you</p> | <p>3 <u>Overhead Press</u></p> <p>Find something to hold in each hand of some weight. Complete step-ups while pressing “weights” overhead at the top of the step-up and coming down to 90 degree angle at floor. 3 sets of 15.</p> | <p>5 <u>VS. a Friend</u></p> <p>Compete against a friend to see who can complete 50 burpees, 50 crunches, and 20 push-ups first.</p>  | <p>6 <u>Johnson & Johnson 7 Minute Workout</u> </p> <p>Using the app on your iPad, choose a workout from the “Workout Library”</p> |
| <p>9 <u>Shuffle</u></p> <p>Take 4 shuffle steps to your right and squat between each step; then to the left. Do not bring feet together. Do 3 sets/10 reps.</p> | <p>10 <u>Dance Video</u></p> <p>Pick a dance video from the OTMS Health YouTube Channel</p>  | <p>12 <u>Stairs</u></p> <p>Using stairs in the cafeteria or chairs in the room, jog in place for 10 minutes. Leader will yell “Up” when he/she wants group to complete a step-up. <i>6th=Monday; 7th=Tuesday; 8th = Thursday</i></p> | <p>13 <u>Daily Yoga</u> </p> <p>Download the iPad app. Select “Start Training”. Choose one of the workouts you’d like to do. Download it & play for the class. **Do NOT download “Pro” workouts as you’ll have to pay for them.</p> |
| <p>16</p> | <p>17 <u>Russian Twists</u></p> <p>Find something of weight (textbook or binder) that students can move around. Complete 50 Russian Twists (v-sit with arms moving weight from side-to-side)</p> | <p>19 <u>Stop, Breathe & Think</u> </p> <p>Using the iPad app. Have students check-in as a class, then choose one of the meditations to follow for the day.</p> | <p>20 <u>Jump Rope</u></p> <p>As fast as you can for one minute, rest 1 min, repeat 5 times.</p>  |
| <p>23 <u>Side-to-Side Pushups</u></p> <p>Do a pushup, walk your hands to the left, pushup, to the right, pushup. Keep your feet in place and keep alternating.</p> <p>Beginner = 10 Intermediate = 20 Advanced = 30</p>  | <p>24 <u>Fit Stick Day</u></p> <p>Choose a few of the fit sticks (random colors) and have students complete those movements/activities for the day.</p> | <p>26 <u>CORE</u></p> <p>3 sets of plank position (arms extended, not on elbows) for as long as possible, followed by 3 sets/20 reps alternating elbow-to-knee crunches.</p> | <p>27 <u>Dance Video</u></p> <p>Pick a dance video from the OTMS Health YouTube Channel</p> <p>**MONTHLY DRAWING!!**</p> |

March 2015

| Mon | Tue | Thu | Fri |
|--|--|--|--|
| <p>2 <u>Skate Jumps</u> Jump side to side and swing your inside leg back behind your landing leg, and transition into a jump onto the other leg (also known as Ohnos after the speed skater). Repeat back and forth for 3 min.</p> | <p>3 <u>Reverse Lunches to Front Kicks</u> Do a reverse lunch and step forward into a front kick with the same leg. Do 10 then switch legs.</p>  | <p>5 <u>Walking Pushups</u> Do a pushup, walk your feet up to your hands, walk your hands out forward, do a push up. Repeat 10 times.</p> | <p>6 <u>Stop, Breathe & Think</u> Using the iPad app. Have students check-in as a class, then choose one of the meditations to follow for the day.</p>  |
| <p>9 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel</p>  | <p>10 <u>Johnson & Johnson 7 Minute Workout</u> Using the app on your iPad, choose a workout from the “Workout Library”</p>  | <p>12 <u>Jump Rope Intervals</u> Jump rope as fast as you can for 30 seconds, take 15 seconds off, repeat 10 times.</p> | <p>13 <u>Joggin’</u> Go for a jog and do 10 pushups and 10 crunches every 2 minutes. If cold outside, you can complete this inside as well. <i>6th=Monday; 7th=Tuesday; 8th = Thursday</i></p> |
| <p>16 <u>Daily Yoga</u> Download the iPad app. Select “Start Training”. Choose one of the workouts you’d like to do. Download it & play for the class. **Do NOT download “Pro” workouts as you’ll have to pay for them.</p>  | <p>17 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel</p> | <p>19 <u>Fit Stick Day</u> Choose a few of the fit sticks (random colors) and have students complete those movements/activities for the day.</p>  | <p>20</p> |
| <p>30 <u>Walk It</u> Go outside and walk the track today</p>  <p><i>6th=Monday; 7th=Tuesday; 8th = Thursday</i></p> | <p>31 <u>PopSugar Active</u> Using the iPad app. On the “Featured” home page, there are lots of video options (some say time of workout) for you/your class to choose from today.</p>  | | <p>Monthly Drawing: Did your class meet the 20 minutes minimum of physical activity per week? If so, have all students fill out their full name onto a slip of paper to be entered into the monthly drawing. Turn slips into Jolene.</p> |

April 2015

| Mon | Tue | Thu | Fri |
|--|--|--|---|
| | | 2 <u>Knockout</u> Using a trashcan in your room and a couple balls, have students play knockout. Options: girls only & boys only, co-ed, etc. | 3 <u>Death by _____</u> On the 1st minute, complete 1 _____ On minute 2, complete 2 _____ On minute 3, 3 _____ — ETC. until students are no longer able to complete the # of _____ for that minute. Class picks movement |
| 6 <u>Overhead Reverse Lunges</u> Pick something of weight to be able to hold above your head (binder, textbook, chair). Hold weight above your head and do reverse lunges. 3 sets/20 | 7 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel  | 9 <u>Power Walk</u> Go outside and power walk for at least 10 minutes, followed by some wind sprints. Stretch to cool down. <i>6th=Monday; 7th=Tuesday; 8th = Thursday</i> | 10 <u>Daily Yoga</u> Download the iPad app. Select "Start Training". Choose one of the workouts you'd like to do. Download it & play for the class. **Do NOT download  |
| 13 <u>Nature Walk/Clean-up</u> Now that the weather is warming up, take the kids outside for a school beautification day (as in go outside & find all the trash & put it in bags or recycle what can be recycled) <i>6th=Monday; 7th=Tuesday; 8th = Thursday</i> | 14 <u>Ball Day</u> Take the kids outside with your grade level's bucket of balls & let kids play 10-20 minutes.  | 16 <u>Johnson & Johnson 7 Minute Workout</u> Using the app on your iPad, choose a workout from the "Workout Library"  | 17 <u>Death by Running</u> Go outside and pick an area (grass preferably) and mark off 10 yds. Students run the 10 yards on 1st minute & rest rest of min. Then 20 yds on minute 2, repeat until students are unable to continue & last student wins <i>6th = Tuesday; 7th = Thursday; 8th = Friday</i> |
| 20 <u>Competition</u> Using www.printyourbrackets.com, create a single or double-elimination tournament for your class. Kids can pick the movement they'd like. 30 sec max reps to see who the winner of that round is. | 21 <u>Fit Stick Day</u> Choose a few of the fit sticks (random colors) and have students complete those movements/activities for the day. | 23 <u>Walk It</u> Go outside and walk the track today <i>6th=Monday; 7th=Tuesday; 8th = Thursday</i> | 24 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel  |
| 27 <u>Stop, Breathe & Think</u> Using the iPad app. Have students check-in as a class, then choose one of the meditations to follow for the day.  | 28 <u>Cardio</u> Go outside and walk/run the track. After each 1/2 lap, complete 10 burpees. Complete for as much time as allowed. <i>6th=Monday; 7th=Tuesday; 8th = Thursday</i> | 30 <u>Four Square</u> Go outside with one of the basketballs from the grade-level ball bucket and set up a 4 square game. | Monthly Drawing: Did your class meet the 20 minutes minimum of physical activity per week? If so, have all students fill out their full name onto a slip of paper to be entered into the monthly drawing. Turn slips into Jolene. |

May 2015

| Mon | Tue | Thu | Fri |
|---|---|--|--|
| | | | <p>1 <u>Fit Stick Day</u> Choose a few of the fit sticks (random colors) and have students complete those movements/activities for the day.</p>  |
| <p>4 <u>Ball Day</u> Take the kids outside with your grade level's bucket of balls & let kids play 10-20 minutes. <i>6th=Monday; 7th=Tuesday; 8th = Thursday</i></p>  | <p>5 <u>Daily Yoga</u>  Download the iPad app. Select "Start Training". Choose one of the workouts you'd like to do. Download it & play for the class. **Do NOT download</p> | <p>7 <u>Throw-back Games</u> Take some time to play your class's favorite childhood games. Duck, Duck, Goose OR Red-Rover-Red-Rover OR Tag OR Spoons (with pencils) OR Musical Chairs OR...</p> | <p>8 <u>Paper Wad Dodgeball</u> Have students clean out their binders or lockers, finding all those old pieces of paper that are no longer needed & ready to recycle. Set up a dodgeball game in your classroom with the paper balls. Recycle when done!</p> |
| <p>11 <u>Johnson & Johnson 7 Minute Workout</u>  Using the app on your iPad, choose a workout from the "Workout Library" OTHER OPTION FOR THE WEEK—AS A GRADE LEVEL, SET UP AN ADVISORY KICK-BALL TOURNAMENT</p> | <p>12 <u>Walk It</u> Go outside and walk the track today <i>6th=Monday; 7th=Tuesday; 8th = Thursday</i></p>  | <p>14 <u>Cardio/Agility Circuit</u> Go outside & complete for 10 min: Sprint forward 10 yds Side Shuffle Left 10 yds Back Peddle 10 yds Side Shuffle Right 10 yds <i>6th=Tuesday; 7th=Thursday; 8th = Friday</i></p> | <p>15 <u>Stop, Breathe & Think</u>  Using the iPad app. Have students check-in as a class, then choose one of the meditations to follow for the day.</p> |
| <p>18 <u>Fastest Mile</u> Grab a friend and go to the track. Who can complete the fastest mile (ideally running)? <i>6th=Monday; 7th=Tuesday</i></p>  | <p>19 <u>Dance Video</u> Pick a dance video from the OTMS Health YouTube Channel **MONTHLY DRAWING!!**</p> | <p>21</p> | <p>22</p> |

Silent Ball

Materials: A classroom where students can sit in a circle & be able to see each other.

Instructions:

- Have students sit in a circle on the floor with their legs crossed
- Explain the rules of the game to all students. Have students ask questions about the game if needed.
- RULE 1: All students are to be quiet while the game is in progress. If a student has a comment, he or she must raise hand and wait until called upon to speak. When called upon, the student must address the leader by his or her name of choice (Ex. Captain or Fancy Pants). Clarified at the beginning of the game.
- RULE 2: There will be no pointing at other classmates while the game is in session.
- RULE 3: Leader begins the game with choice of movements. Movements include a single leg tap, a double-leg tap, a pass, or a reverse.
- RULE 4: A single leg tap passes the “ball” to the next person, on the side of the leg tapped. For example, if the leader taps his or her right leg, then it is the person to the right’s turn.
- RULE 5: A double-leg tap skips the next consecutive person in the circle, in the same direction as the leg that is tapped.
- RULE 6: A pass involves the pointing of the elbow in front of the person’s face. A pass goes to the person pointed to, who in turn continues the game with either another pass or a tap of either leg.
- RULE 7: A reverse involves one arm to come perpendicular to the body, in front of the chest, while the opposite arm crosses hand and taps forehead. A reverse sends the action in the opposite way.
- RULE 8: No more than three of the same move can be repeated in consecutive order. For example, person one taps right leg, person two taps right leg, person three taps right leg, but person four cannot tap right leg. He or she can double-tap, pass, or reverse only, or else a penalty is in order.
- RULE 9: If students in the circle notice that a classmate has performed an incorrect action, spoke, or pointed at someone, then he or she can raise hand and respond when called upon by the leader. After addressing the leader and filing a complaint, leader rewards the person in the wrong with one point (which is a bad thing).
- RULE 10: The first person to obtain three points loses. Game begins again with a new leader.