



Unit 1 Virtual: Body Movement & Control

1.1 - Running Technique

READY:

- Have a cleared out space and wall near by
- Empty water bottle $\frac{1}{3}$ full

1.2 – Start & Stop

READY

- 4 Kitchen Towels (use as visuals for ladder)
- 8 Pieces of Paper (4 with letter J, 4 with letter H)

1.3 – Change of Direction

READY

- 4 paper plates (or pieces of paper)
- 1 table, desk or ottoman (high enough to play flippy cup)
- 4 small towels (or socks laid out)
- 1 solo cup for (3rd-5th grade), 3 solo cups for (K-2nd)

1.4 – Jumping

READY:

- pillows (up to 5) or boxes (3 sizes)
- 4 kitchen towels, or socks
- 8 pieces of paper (for hop scotch)

1.5 – Strength & Conditioning

READY:

- Your body!
- Space

1.6 – Look for the Good

READY

- Your body!
- Space



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1.7 – Make a Pizza

READY:

- Clothes, yard, anything you can find at home, and 2 rooms.

1.8 – Coin Flip Dash

READY:

- Hallway or 10 - 15ft of space
- 1 Coin
- 1 Place marker

1.9 – Bag Challenge and Bop It

READY

- 2/3 plastic grocery bags
- 1 paper (rolled up into a ball)
- 2 paper plates

1.10 - Freeze Dance

READY

- Your body!
- Space to dance

1.11 – Frogger Jogger

READY

- An item, action figure, or totem
- 5 pieces of paper, or paper plates