

The background of the slide is a light cream color, decorated with a pattern of small, irregular dots in two colors: a muted orange and a dark purple. These dots are scattered across the entire page, with some appearing in small, dense clusters.

Unified PE

Day 13: Reaction Time

Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Just Dance
- Activity: Color jumping / Sock dropping
- Cool Down: Mindful breathing

What's due?

- Exit Ticket – on Canvas in Announcements & under Lesson Materials Module



Learning Goal

I can develop my personal fitness to stay
healthy and active at home

Vocabulary



Reaction Time: The time it takes to respond to a stimulus



Brain Bites- Reaction Time

Warm-up

Just Dance :)



What do I need? Something RED, BLACK, BLUE, WHITE



What do I do? Place selected objects around you and stand in the middle. When a color flashes on the screen, jump to the object that matches and back to the middle.



Color Jumping

Activity: Color Jumping



Activity: Sock Drop

- Hold 1 sock in each hand
- Cross your arms
- Drop socks
 - Uncross your arms
- Catch socks

Cool Down: Mindful breathing



Bunny Breath



Repeat 3x