

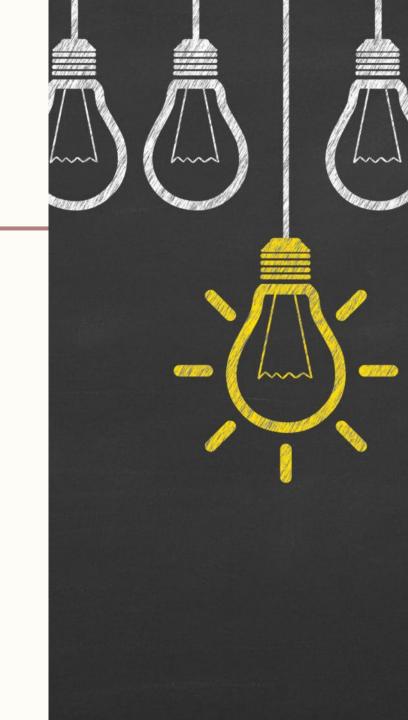
Agenda

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

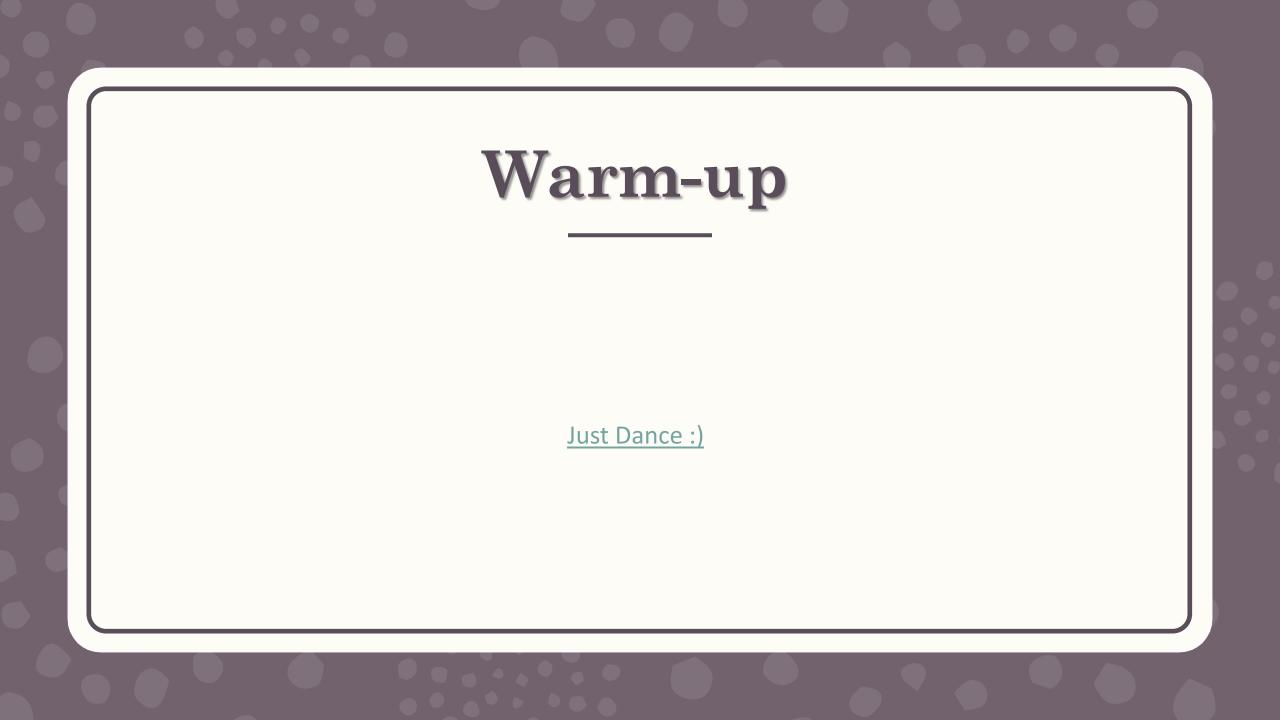
I can develop my personal fitness to stay healthy and active at home

Vocabulary



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

Brain Bites- Reaction Time



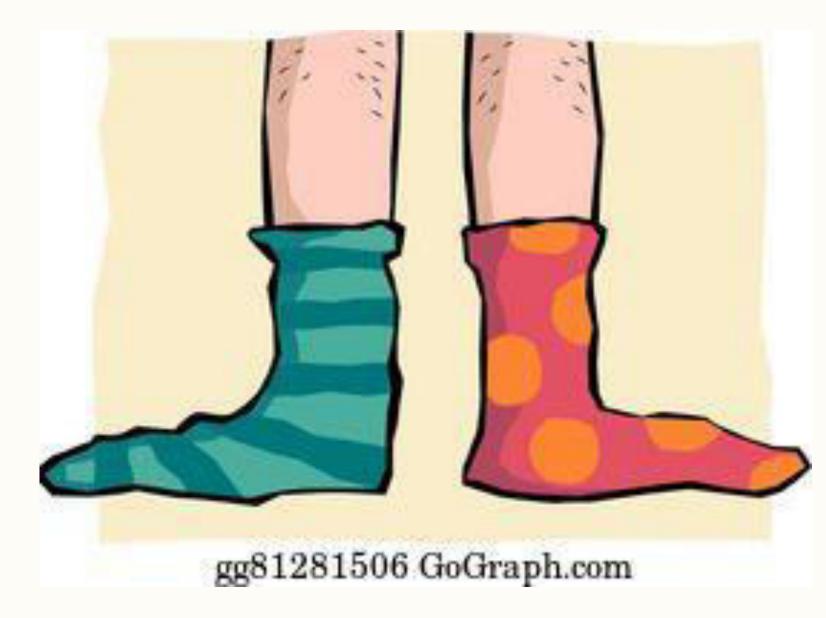


What do I need? Something RED, BLACK, BLUE, WHITE



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. Activity: Color Jumping

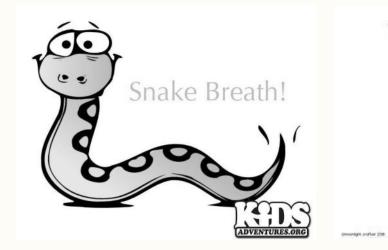




Activity: Sock Drop

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

Cool Down: Mindful breathing







Repeat 3x