

Hello friends I miss you! Please take the time to participate in the activities below.

**Establish the area**-please ask your parents/guardians for permission if you need to move toys, furniture, equipment etc. If you are on wood floor the activities would be safer with your socks off.

**Learning Target**-I can do Miller Park stretches from home. I can listen for the **Stop** and **Go** signals. I can try my best.

**Warm-up**-due to space we will jog/run in place for one minute to get our bodies ready.

**Miller Park Stretches**-many of you remember these from school as we will count to 10 for each stretch. Try your best for each stretch and remember if it hurts you are going too far-stretching is to prevent injuries instead of causing them.

Standing stretches

Feet together and touch your toes-bend at your waist and reach for toes without bending your knees

Cross your feet and touch your toes-remember we are working on balance here also

Cross your feet the other way and touch your toes

Arm across your chest and pull toward your body with the opposite arm

Switch arms across your chest and pull towards you

Locking your hands together behind your head and gently pull to one side

Switch sides gently pulling in the opposite direction

Seated stretches

Feet together and touch your toes-remember if it hurts you are going to far

Feet apart and reach both hands toward your right foot

Feet apart and reach both hands toward your left foot

Feet apart and reach one hand toward each foot

One foot in and one foot out and reach toward the extended foot

Switch feet and reach toward the other extended foot

Butterfly-bend both knees placing the bottoms of your feet together

Miller Park jumping jacks-each time we jump we will say a letter M-I-L-L-E-R-P-A-R-K-P-R-I-D-E we just did 15 jumping jack great job.

### **Activity without technology- Stop and Go**

You will need a signal caller-a parent, guardian, brother, sister, etc. On the **Go Signal** walk around your play area safely. On the **Stop signal** stop and sit nicely at your starting spot while you wait for the next signal. On the next **Go Signal** gallop carefully around the play area. On the next **Stop signal** stop and sit nicely waiting for the next signal. Using the **Stop** and **Go** signals you continue using other locomotive skills such as skip, hop, tiptoe, marching, running (in place if short on space), hopping with 2 feet, hoping on 1 foot, etc. For the older friends each time you hear the **Stop** signal you can stop and do 5/10 pushups, sit ups, jumping jacks, mountain climbers, plank position, squats, etc. Challenge yourself and be creative to come up with different ways of travel for the **Go** signals and different exercises to do for each **Stop** signal. Also for the older students attempting the locomotor skills backwards would also be a good challenge. Please stay hydrated and remember to take deep breaths during a break in you need one.

### **ACTIVITY with technology-video**

Stretches: [https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614\\_ops\\_org/ETAWOM9AOEBLnHhPDctRMylB1srU-ws\\_n05LXBYYiDAdtw?e=boHPpY](https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614_ops_org/ETAWOM9AOEBLnHhPDctRMylB1srU-ws_n05LXBYYiDAdtw?e=boHPpY)

Activity: [https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614\\_ops\\_org/EUU6IXBPmc9EtCFIKA0w4jwBheFe\\_zCszTOJWefclNPYFg?e=DYPDUu](https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614_ops_org/EUU6IXBPmc9EtCFIKA0w4jwBheFe_zCszTOJWefclNPYFg?e=DYPDUu)

**Grade level activity-all.**