

Hello friends!!

**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. I can perform the **tossing and catching** activity. I can try my best.

**Warm-up**-due to space we will jog/run/dance 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 too 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- Tossing and Catching**

You will need something to toss and catch. At school we would do this activity with one of the various balls but we will have to improvise. I will be using a rolled up sock to be my ball. Be creative with safety in mind when making yours. Your ball should not be hard or pokey because they would be dangerous for you to do the activities. The larger the ball the easier it will be to catch the ball. When you have a safe ball and permission to toss the ball in your house you are ready. You will also need someone to give the **Stop** and **Go** signals.

Start by finding a safe spot to toss and catch your item. Make sure you are not under a ceiling fan or light. Also remember to ask for permission. On the **Go** signal toss and catch your "ball". Start with light tosses until you get the hang of catching it. On the **Stop** signal have a seat and rest or stand in ready position. Older friends can choose an exercise of 5-10 on the **Stop** signal (sit ups, push-ups, jumping jacks, lunges, mountain climbers, etc.). On the **Go** signal toss the ball into the air and try to clap your hands 1 time before making the catch. Try to keep your eyes on the ball. On the **Stop** signal have a seat or rest in ready position. Older friends can choose an exercise of 5-10. On the **Go** signal toss the ball in the air and attempt to do 2,3,4,5, etc. claps before making the catch. If you are missing the catch you are probably trying too many claps. On the **Stop** signal rest and older friends choose your exercise of 5-10. On the **Go** signal try to toss the ball up and touch both knees before making the catch. Continue the **Stop** and **Go** signals and be creative with your skills. Maybe you could toss the ball up and clap behind your back before the catch. Maybe a jumping jack, dance move, spin etc. before making the catch. The older students could also extend the duration of time between the **Stop** and **Go** signals. To challenge yourself try to toss and catch with one hand. Maybe you could toss with one hand and catch with the other hand.

During the **Stop** signals if you are tired you could place your hands on your head and take deep breaths until you are ready to continue. A healthy drink could also be available (staying hydrated is important). The person giving the signals could also monitor the duration of each activity for safety.

### **ACTIVITY with technology**

#### **Video-Miller Park Stretches**

[https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614\\_ops\\_org/EfGyAQISnmJKjSz9Bo1Fr9QBnF5LIT-GnH6BjSMIXkHEIQ?e=XbqgfJ](https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614_ops_org/EfGyAQISnmJKjSz9Bo1Fr9QBnF5LIT-GnH6BjSMIXkHEIQ?e=XbqgfJ)Video-Puddles activity

#### **Video-tossing and catching**

[https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614\\_ops\\_org/EbmUCCHWikhMvnL-z-ONR7cBxUJuI3ubkojAbTW4-8dmJg?e=5qdVDf](https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614_ops_org/EbmUCCHWikhMvnL-z-ONR7cBxUJuI3ubkojAbTW4-8dmJg?e=5qdVDf)

**Grade level activity-all.**