

Hello friends!!

Establish the area -please ask your parents/guardians for permission if you need to move toys, furniture, equipment etc. I will be participating on carpet so socks will be safe. If you are on wood floor the activities might be safer with your socks off or with shoes on. Please ask your parent/guardian what would be best for you.

Learning Target-I can do Miller Park stretches from home. I can perform the **Line work** activity at my home. I can try my best.

Warm-up-due to space we can 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 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- Line work

You will need to make a **Line**. At school we would do this activity with a jump rope or a line on the gym floor but we will have to improvise. I will be using a rolled-up bath towel or some rolled-up cloths to make my line. Be creative with safety in mind when making yours. Your line should not have hard or poking parts because they would be dangerous for you to do the activities. When you have a line then you are ready. You will also need someone to give the **Stop** and **Go** signals.

Start by standing on one side of your line with your toes facing it. On the **Go** signal jump over the Line using 2 feet-when over turn around and face the line to perform the 2 foot jump again and again. On the **Stop** signal safely have a seat for resting or stand next to your line in ready position. Older friends can perform an exercise of 5-10 on the **Stop** signal (push-ups, sit-ups, squats, lunges, etc.). On the next **Go** Signal try to jump over the line sideways using 2 feet. On the **Stop** signal have a seat for resting. Older friends please choose an exercise of 5-10 now. On the **Go** signal try to jump over the line with one foot and land with one foot. When on the other side of the line you can place the second foot down if needed for balance as you face the line for the next one foot jump. On the **Stop** signal have another rest. Older friends can choose an exercise of 5-10. Continue the process using the **Stop** and **Go** signals being creative with your skills. Maybe start at one end of the line and on the **Go Signal** you jump slightly forward as you jump across the line alternating from the left side to the right side as you travel the length of the line. You could have one foot on either side of the line and on the **Go** signal you might be able to jump up and turn your body so when you land you are facing the other way with feet opposite from where we started. For the older students you could attempt the skills forward and backward. The older students could also extend the duration of time between the **Stop** and **Go** signals. For another challenge for the older friends you could try the activities backwards

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. The **Stop** signal is also a good time for a water break if needed. 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/person/estolzj614_ops_org/ETAWOM9AOEBLnHhPDctRMylB1srU-ws_n05LXBYYiDAdtw

Video-Line Work

https://omahaps-my.sharepoint.com/:v/g/person/estolzj614_ops_org/Ef5MF-klg2hMoOQVEgW8qx8BbCuKs0evAs74UV3N7dxqwg

Grade level activity-all.