

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 **Jump the Water** activity. 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 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-Jump the Water

You will need to make the **Water**. At school we would do this activity with two jump ropes, but we will have to improvise. I will be using two rolled up shirts to be my water. Be creative with safety in mind try not to use something that is hard or can poke you. Maybe a couple rolled up towels or stuffed animals can make the edges of the water. Make sure that your landing area is safe and clear of furniture, toys, etc. Please ask for permission before you move things around in your house.

On the **Go** signal start with your toes facing the edge of the water. Bend your knees and swing your arms and try to safely jump over the water. If you successfully jump over the water than you can move one edge of the water to make it slightly wider and go back to the starting position. Younger friends can rest for the next **Go** signal before attempting the next jump. Older friends can choose an exercise of 5-10 repetitions (push-ups, sit-ups, jumping jacks, squats, hill climber, etc.). On the next **Go** signal attempt the next jump. If you made the jump remember to slightly widen the water before the next rest or exercise of 5-10. If you step in the water, please move the width of the water back close together and start the activity all over. When you start the water should be close together and an easy distance to jump so everyone can be successful in the activity. Continue the process to see how far you can jump. All my jumps will be from a standing position. If your home is safe enough you could add a step or two before the jump. If you can play outside, the grass would be a great place to do this activity. You could then add a run before the jump over the water. Please remember to be safe and be creative when choosing your exercises of 5-10. If you have more than 1 person doing the activity you can take turns and see who can jump the most water. Make sure the first jumper is safely out of the way before the second jumper attempts the activity.

ACTIVITY with technology

Video-Miller Park Stretches

https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614_ops_org/ETAWOM9AOEBLnHhPDctRMylB1srUws_n05LXBYYiDAAdtw

Video-Jump the Water

https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614_ops_org/EZ-C2gWrUg1Ci5mBffLvZ6YB7iDoYQfLLJtrHrzsakpnkw?e=LWnymV

Grade level activity-all.