

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 **Various Ways of Travel** 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-VariouS Way of Travel**

Today we are going to practice various ways of travel throughout our homes. Take the time to clear the playing area or make a path around your home. Make sure you have a safe path free of dangerous items that you could crash into. Ask for permission before you start moving things around in your home. We will also need a resting or starting spot with water if needed during the **Stop** signals. On the **Go** Signal we will crab walk forward around the playing area or throughout your home. On the **Stop** signal we will return to our starting/resting place. Older friends can choose an exercise of 5-10 during the **Stop** signal (push-ups, sit-ups, squats, lunges, jumping jacks, etc.). On the **Go** Signal we will crab walk backwards around the playing area or throughout your home. On the **Stop** signal return to your starting/resting place. Older friends can choose an exercise of 5-10. Using the **Stop** and **Go** signals continue the process practicing other ways of travel around the playing area and throughout your homes. You could try bear crawl forward, bear crawl backward, baby crawl forward, baby crawl backward, and soldier crawl. Be creative and safe in the various ways of travel that you try in your homes. Maybe you can come up with some different ways of travel for your playing area and please be careful in your homes.

### **ACTIVITY with technology**

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

[https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614\\_ops\\_org/ETAWOM9AOEBLnHhPDctRMylB1srUws\\_n05LXBYYiDAdtw](https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614_ops_org/ETAWOM9AOEBLnHhPDctRMylB1srUws_n05LXBYYiDAdtw)

#### **Video-VariouS Ways of Travel**

[https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614\\_ops\\_org/EWvgsMX6t5dEr8kNRixQ06gBd5u-8vjlaSi9jAn1-teTCw?e=qygNi6](https://omahaps-my.sharepoint.com/:v:/g/personal/estolzj614_ops_org/EWvgsMX6t5dEr8kNRixQ06gBd5u-8vjlaSi9jAn1-teTCw?e=qygNi6)

**Grade level activity-all.**