



## Unit 1: Workout and Move Your Body

Week 1: 1/7/2021

### WHAT WE DID AND LEARNED

Why do we need to workout and move our bodies?

1. Healthy weight
2. Healthy heart
3. Gives us energy and make us happy



We talked about what they like to do to workout and move their bodies, they shared...

Swimming, dancing, cheer, walking the dog, jumping on a trampoline and sports

We talked about things we need to workout and move our bodies:

Water, the right clothes and shoes and space to move



We warmed up and stretched our muscles with some Simon Says!

We made working out and moving our bodies fun by

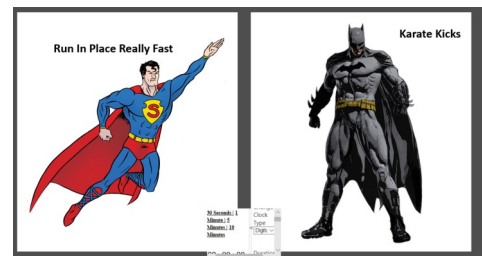
- Playing Level Up a fun way to move your bodies while pretending to be in a video game.

Play at home.



[https://youtu.be/DO-R5EfG\\_N4](https://youtu.be/DO-R5EfG_N4)

- Doing superhero moves. Participants selected one of two choices and we did our moves with the countdown clock for 40 sec. Spiderman, Ironman, Superman, Batman, Wonder Woman and more.



- And we ended with some Happy Freeze Dance!

