



Exercise During Academic Lessons

Yoga Poses like Mountain, Side Stretch, or Tree + English Language Arts & Math

ELA: Have students list rhyming words aloud while holding the poses.

ELA: Have students describe how yoga makes them feel.

ELA: Have students jump as they say the letters to spelling and vocabulary words.

ELA: Have students jump as they say the syllables in vocabulary words.

ELA: Have students jump and stop on specific parts of speech (e.g., jump when you hear a verb and stop when you hear a noun).

Math: Review degrees and angles (e.g., obtuse, right angle, straight line). Have students use their yoga pose to represent the angle

Math: Practice skip counting: have students count to a specific number, while holding the pose (e.g., count to 30 by 2's, 3's, 4's, 5's, 6's, 10's, etc.)

Jump and Learn!

Math: Practice recognizing odds and evens: jump on even numbers and hop on odd numbers

Math: Have students jump the number of times that represents the answer to equations

Math: Practice doubles: give students a number; have them double the number and jump that number of times

Math: Jump like a basketball player while counting to 10

Math: Jump like a dancer while skip counting by 2's to 20

Math: Jump like you are playing hopscotch and count backwards from 10 to 0

Math: Jump like a frog (kangaroo, rabbit) and count to 5

Math: Jump like you are underwater (in outer space, on hot sand) while counting by 10's to 100.

RB dice variation: add another die with different numbers on each side: roll the two dice and multiply/add/divide subtract the RB die and the extra die and do exercise on RB die

All Subjects • Have students jump to represent any numerical answer (e.g., number of items in a category, letters or vowels in a word, syllables in words, sides of shapes).

Wall tracing: Younger students working on shapes? Put pictures of the shapes low on the walls and have the children sit in front of them and use their feet to draw the shapes first one foot then the other, then yell out the name of the shape and run to the other side of the room and pick a different shape to do. Continue until all shapes have been done. This can be used for SIGHT WORDS, MATH PROBLEMS.

Snowball throw at wall target: practicing sight words? Tape them on the wall above the children's heads. Put sponge balls, balls of paper or balls of socks on the floor in the middle of the room. The leader calls out a sight word and the children get a ball and throw it at the sight word then repeat it. This can be done with math as well — numbers on the wall: leader calls out "What is 5×3 ?" Children throw balls at 15 and yell out 15!

Let's Drive!

Right/Left/U-turn: Turn to the right/left/reverse direction.

Rolling Hills: Squat down and stand up.

Tunnel: Crouch down and march at a low level.

Pothole: Hop from one foot to the other.

Bridge: March on your toes and hold your steering wheel up high.

Speed Bump: Jump

Railroad Crossing: Jumping Jacks

Carpool Students meet in groups of 3 or 4. Link arms and march together.

Flat tire: hop on one foot

Windshield wipers: arms go back and forth (crossing the midline)

Donuts: spin in a circle

Aerobic movement brain boosters:

Indoor games

Up, down, stop, go

My Bonnie

Frog Jump/If you are wearing.../Variations

Newspaper freeze dance

Ice skating: Each child gets two paper plates and uses them as ice skates around the desks in the room. Start with feet on skates, then hands on skates and push with knees off the floor, then feet on the skates and hands on the floor walking the skates and hands.

Bean bag or Chalkboard Tic-tac-toe by team: two teams, one tic-tac-toe board that is as far away from the two teams as possible. The first two people run and put a bean bag or mark X or O on the board, then run back, the second person goes, then the third person. The fourth person is probably going to have to move one of his team's bean bags to attempt at tic-tac-toe. Continue taking turns until one team wins. You can change to a different locomotor movement: hopping, bear crawling, dancing...

Chopsticks/Tunnel: Standing by a desk but with enough room to lie down on the floor the teacher or leader of the day calls out "Chopsticks!" This is hands by the sides, feet together. Everyone does chopsticks. Then the leader calls "Tunnel", which is hands up feet out (make an X with your body). Repeat those two several times (it is jumping jacks effectively) then throw in "Surf!" Children mimic surfing. Then "Wiggly Worm!" Children wiggle in place as much as possible. Run through these randomly again. Then add in "Deadbug!" Children drop to the floor, lie on their backs and put their hands and feet in the air. Go through these randomly and more and more quickly.

Outdoor games:

Tic-tac-toe by team — make the tic-tac-toe board farther away

Circle “If you are wearing”: have the children form a circle. They must remember where they are in the circle. Leader calls out “if you are wearing blue, run!” The children wearing blue run around the outside of the circle until they get back to their spot. One time around.

Noodle hockey: using half noodles, give half of the children one color and half the other color. Cones mark the goals, and using a rubber ball the children play a free-for-all hockey game.

Crocodile: Children stand around hula hoops, one hoop per child. The leader calls out “Run!”, and the children run in the same direction around all the hoops. When the leader calls out “Crocodile!”, the children must go to the safest place possible, which is inside a hoop, one child per hoop. The game becomes more exciting when there are not enough hoops for each child. For anyone who doesn’t get a hoop, they do jumping jacks until the leader calls out “Run!” again

Jump Rope Swing: The children stand in a circle with one child in the middle who is holding one end of a jump rope. That child spins in a circle and swings the jump rope low to the ground. The children in the circle must jump over the rope. If a child misses, then they come out and do 5 jumping jacks before they can go back in
Everyone is it: literally, everyone is it. If you are tagged, you go to a designated space and do 5 jacks then go back in.

Core strengthening exercises:

Surfing: a story about taking a surfing trip, catching and riding a wave

Ball passing in a circle: children sit in a circle with their feet towards the middle, legs straight out. The leader takes a rubber ball and puts it between their feet then passes it to the person next to them who can only use their feet to get the ball and pass it on. NO HANDS! Can add different size balls.

Noodle balancing: using pool noodles, children walk the length of the noodles, balanced on the noodles.

Games that build body-brain connection:

Indoor games

Bridge ball: children stand in a circle with their feet about hip-width apart. Feet should be touching all the way around. One ball goes in the middle and the children must hit the ball with their hands and try to get it to go through another child’s legs (or bridge). (Hand-eye coordination, aerobic strength)

Frog pond: spots or plates of different colors are laid out on the floor. These are lily pads. Children stand on one side of the room and taking turns, they cross the pond by hopping on the lily pads, two feet together on one spot. Once everyone has crossed, the leader tells the children that there are frog-eating spiders on all the green spots so they must hop across without hopping on the green spots. Each time the children go across, the leader adds a new color that must not be jumped on. (motor planning)

Farm animals: children sit in a circle and close their eyes. The leader goes around and whispers an animal in each child's ear. When the leader says GO the children keep their eyes closed, and while crawling on the floor, make the sound that animal makes all the while listening for other children making the same sound. The goal is for each child to find all the other children who are making that same sound. (body awareness, temporal awareness)

Outdoor games

Jellyfish tag: hoops are on the ground. There are enough hoops for all but a few children to stand in by themselves. The ones who aren't in the hoops stand to the side. The leader explains that there are jellyfish everywhere (some children will remember Finding Nemo and connect with Dory's experience). The only safe place is in a hoop, but there can only be one person in a hoop at a time. When you tell the "extra" people to go, they will have to find a hoop to stand in, which means the person in the hoop has to leave and go find a new hoop. Whenever anyone comes to stand in a hoop the person already there must get out. The farther the hoops are from each other the more aerobic movement the kids will get. (bodyawareness, VS)

Imagination Games

Based on stories — no equipment

Surfing

Helicopter to the zoo

Planet Snotapple

Bubblegum