

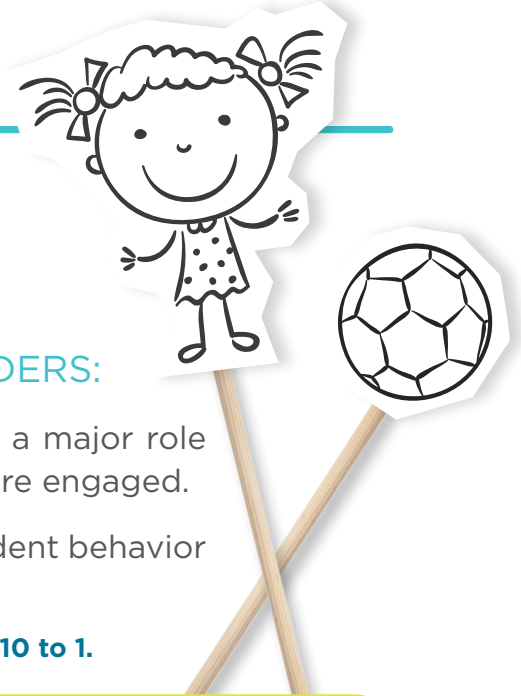
Movement Ideas!

SIMPLE AND FUN MOVEMENTS THAT GET THE BLOOD PUMPING!

TIPS FOR TEACHERS AND CLASSROOM LEADERS:

- A teacher's attitude towards physical activity plays a major role in engaging students. If you're excited, they'll be more engaged.
- Teachers should establish clear expectations for student behavior during and after an activity.

REFOCUSING TIP: **Take 10 deep breaths while counting from 10 to 1.**



Try a combination of these exercises for 2-3 minutes in the classroom before students learn. Repeat as needed throughout the class or session.



Jump in place as if you are popcorn popping.



Do jumping jacks and reach for the ceiling.



Reach up as if grabbing balloons out of the air.



Move your feet on the floor as if you are ice skating.



March in place and play the drums as if you are in a marching band



Jump up and down using an imaginary jump rope.



Jog in place as if a big scary bear is chasing you.

To get kids' heart rates up during a transition between classrooms:



Hop down the hallway as if you're a bunny.



Hop on one leg for 10 hops, then the other for 10 more.



Move your feet as if you were ice skating to your next class.



Do lunges and big arm circles as you move down the hallway.



March together in a straight line like you're in a marching band.

RUNNING BROOKE
MOVE.LEARN.BECOME.



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MOVE 2 LEARN

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