

SAMPLE

Loopy



Suggested Location: Classroom

Equipment Needed: Sheet of paper and pencil per student

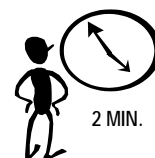
Activity Sequence:

- Each student stands beside his/her desk and records an activity on a sheet of paper (e.g., jumping jacks, leg raises, crunches, running on the spot).
- Leader instructs students to perform the activity they have written down.
Options: timed performance or number of repetitions.
- Students then move to the next desk. They read the activity already recorded on the paper and record a different activity.
- Leader instructs students to perform both activities (times or repetitions).
- Repeat process as students move from desk to desk.
- Brainstorm possible activities with your class prior to beginning (post on chart paper/bulletin board).

Variation:

- Have the students remain at their own desk and rotate the sheets of paper throughout the classroom.

PREP TIME



2 MIN.

SAMPLE

Math Warm Up



Suggested Location: Classroom

Equipment Needed: None

Activity Sequence:

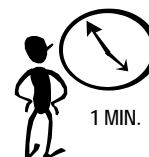
Pre-Activity:

- As a class, brainstorm possible fitness activities that can be done in the classroom. (Post list for future reference.)

Activity:

- Students find an open area in the classroom.
- Ask one student to pick an activity from the list.
- Teacher tells students to practice pattern counting as they exercise (i.e., count by 2's to 20 while hopping on one foot, start at number 25 and count to 50 while doing knee bends).

PREP TIME



1 MIN.