

Fit Together



Activity Boost:

Let's take a break! Try the ideas below for a quick brain boost in between learning activities in the classroom.

High Knee Run /March

Run or march in place, lifting your knees in front of you as high as you can.

Tree Pose

Balance on one foot. Place your other foot on the inside of your balanced leg. Your knee should be pointing to the side and your heel pointing up your leg. It is ok to leave your toes on the ground if you need to. Bring your hands together in front of you or overhead. Change legs after a count of 30.

Chair pose

Start with your feet and legs together, and then keeping your knees together, sit back like you are sitting in a chair. Hold that position as long as you can. Relax when you need to, and then try again.

Freeze Dance

Dance to your favorite music in the classroom.

5-4-3-2-1

In this simple game students stand up and the teacher has them do five different movements in descending order. For example the teacher would say: Do five jumping jacks, spin around four times, hop on one foot three times, walk all the way around the classroom two times, and go back to your seat.

Get outside

Whenever possible try to move your body and get fresh air.

Obstacle Courses

Set up an obstacle course outside and let kids run through it, adding different challenges. Try thinking of an exercise with the letters of the alphabet, or invent a new exercise.

Resources

GoNoodle can be downloaded as an app

Cosmic Kids can be viewed on YouTube Yoga

