



LET'S GO! 5-2-1-0

Movement Moment ACTIVITY CARDS



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Movement Moment Activity Cards are designed to help you incorporate more physical activity to get students moving during the day.

Each card is color coded to indicate the following type of activity:



ENERGIZING



COORDINATION



CALMING

- Make movement part of your routine, encourage student participation, and show enthusiasm yourself!
- Ensure all students can participate by modeling activities to show step by step directions. Allow students to use a support for balance or do movements more slowly.
- Post activities around your room to serve as motor break stations.
- String together a series of short activities for a longer physical activity break period.
- Take note of movement categories for a quick energizer or calming activity to help students increase their focus.

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ENERGIZING



Play Cards!

All ages

Deck of playing cards

Instructions

Use a standard card deck, assign an activity to each of the four suits (e.g. jumping in place for hearts, running in place for spades, sit-ups for clubs, squats for diamonds).

Pass out a card to each student. Tell them to perform the activity associated with their suit for 20 seconds.

Instruct students to pass their cards to their neighbor and repeat for 5 passes.

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ENERGIZING



Do the Conga!

All ages

Upbeat Music

Instructions

Instruct students to line up, placing their hands on the shoulders of the student in front of them. Optional to have students stand an arms distance apart.

Start some music and lead students in a conga line around the room.

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ENERGIZING



Stand Up/Sit Down

All ages

No equipment needed

Instructions

Instruct students to move their chairs back from their desks. Tell the group that you are going to read a series of questions. If their answer is "yes," they should stand up and then sit down quickly.

Sample questions: Do you like apples? Do you play musical instrument? Did you put on shoes today? Do you speak a language other than English? Have you ever done the dishes? Have you ever traveled outside the country? Have you ever gone berry picking?

Alternate classroom learning integration: use the activity and ask math equations, spelling words, other learning concepts.

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ENERGIZING



Favorite Swap

All ages

Music needed

Instructions

Instruct students to move around the room as the music plays (walk, jog, side-step, etc.). When the music stops, they find a partner (person closest to them). Then you will ask a question and they should share a one-word response with their partner. When the music comes back on, they should move again. (Find a new partner for each new question.)

Sample questions: What is your favorite Activity? Song? Singer? Movie? Book? Sport? School subject? Food? Weekend Activity? Animal? Color?

Alternate classroom learning integration: Ask math equations, spelling words, other learning concepts.

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ENERGIZING



Move & Groove

All ages

Music needed

Instructions

Instruct students to spread out across the room.

Play a school-appropriate song and let students dance or have students follow preselected dance moves — for example, try some vintage moves like the twist, YMCA, disco, or just jump around, etc.

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ENERGIZING



Group Slide

All ages

No equipment needed

Instructions

Ask students to follow your directions.

Ask questions such as:

- Step forward if you... did your homework.
- Do a jumping jack if you... had a good day.
- Slide to the right if you... are looking forward to a specific month, season, activity, etc.
- Slide to the left if you... like to read books.

Modify underlined phrases to suit the students or use to integrate learning concepts.

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ENERGIZING



Squats

All ages

No equipment needed

Instructions

Sit back like you are sitting in a chair, bending at the hips and knees. Push your butt backwards as you lower down. Keep your weight in your heels.

Be careful not to extend your knees over your toes!

Return to standing once you have reached a comfortable range of motion. Taking care of knees? Don't go as far down into the squat or use a chair behind you.

Slowly sit back on the edge of the chair and then return to a standing position.

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ENERGIZING



Reverse Sit Ups

All ages

No equipment needed

Instructions

Instruct students to jog a lap, then sit in their chairs and pull knees up to their chest for 30 seconds.

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ENERGIZING



Running in Place

All ages

No equipment needed

Instructions

Just starting out?

March in place and build up to a jog.

Keep it up for 10-30 seconds.

This simple exercise gets the heart pumping and works important muscles!

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ENERGIZING



Jump Rope

All ages

No equipment needed

Instructions

Pretend to jump rope.

Make sure you use your arms!

Jump for 1 minute, rest for 15 seconds.

Repeat if desired.

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ENERGIZING



Skate in Place

All ages

No equipment needed

Instructions

Pretend to speed skate in place.

As you move side-to-side, bring your heel behind you as high as you can.

Swing your arms side to side.

"Skate" for one minute, rest for 15 seconds, and repeat if desired.

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ENERGIZING



Mighty-Mathletes

All ages

No equipment needed

Instructions

Have students count off starting with "one."
(Make sure students remember their number.)

Call out activities for the students to perform based on their numbers. Examples: Numbers 1 to 10, do a toe touches. Numbers 10 to 20, balance on one foot for one minute, All even numbers do jumping jacks for one minute. All odd numbers, pretend jump-rope for one minute. All multiples of ____, skip around the room once. Everyone else, do one sideways lap.

*Vary the activities according to your needs.

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ENERGIZING



Quiz Me

All ages

No equipment needed

Instructions

While reviewing for a test, ask the students a series of true-or-false or multiple choice questions.

If the question is true, students should jump in place for 15 seconds. If it is false, they should touch their toes.

Assign other movements for multiple choice questions.

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ENERGIZING



Acting Out

All ages

Book needed

Instructions

While reading a book out loud, have students act out each action verb in the story.

ENERGIZING

**Strike a Pose**

Elementary School

Music needed

Instructions

Tell the students to jog around the room at a comfortable pace when you turn the music on.

When you turn the music off, tell them to freeze and strike a funny and/or dramatic pose (demonstrate!). At the end, you can have them each strike their favorite pose.

ENERGIZING

**In Between Laps**

Elementary School

No equipment needed

Instructions

Have students walk laps around the perimeter of the room together.

Each time they reach you they stop to receive a challenge (for example: do 5 twirls, pat your head and rub your belly for 10 seconds, spell your name backwards while walking backwards, do a 30 second squat against the wall, do 10 jumping jacks).

Have students continue the lap once they complete each challenge and give them a new challenge after each lap.

ENERGIZING

**Animal Run**

Elementary School

Large space required

Instructions

Tell students they are going to do some laps, but they will need to vary their speed according to the animal you call out.

Have them start by jogging, then call out the name of an animal. Examples of animals: cheetah, rabbit, horse, penguin, turtle, chicken, hawk, ostrich, squirrel, fox, sloth, snail, hippopotamus, elephant, jaguar, dog, spider, gazelle. You can also have them adopt the movements of the animal(s) instead of the speed.

ENERGIZING

**Follow the Leader**

Elementary School

No equipment needed

Instructions

Have the class form a single straight line and appoint the first person in the line as the leader.

Tell the leader to begin moving around the room. They may use any movement they want, as long as they keep moving around the room.

The remaining students should follow behind the leader imitating their movements. Every so often, appoint the next student in line as the new leader, instructing the former leader to move to the back of the line.

Alternative use: use for walking to other areas of the school building.

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ENERGIZING



The Wiggles

Elementary School

Upbeat music (optional)

Instructions

Instruct students to stand at their desks.

Tell them to begin wiggling their fingers, then their fingers and wrists, then fingers, wrists, and forearms, etc.

Continue adding body parts, one at a time, until the students are wiggling their entire bodies!

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ENERGIZING



Jumping Jacks

Middle School

No equipment needed

Instructions

Start out with this move by stepping one foot out, then the other.

As you feel comfortable, work up to jumping both feet out at one time and bring your arms out into a V-position at the same time.

Great for warming up your muscles!

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ENERGIZING



Planks

Middle School

No equipment needed

Instructions

Start by lying face down.

Place your elbows and forearms underneath your chest and prop yourself onto your toes and forearms. Maintain a flat back and do not allow your hips to sag toward the ground.

These can also be done in a kneeling position.

Start by holding this position for 10 seconds and work your way up to a longer time!

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ENERGIZING



Kneeling Push-Ups

Middle School

No equipment needed

Instructions

Start with your knees on the ground, feet lifted and your hands directly underneath your shoulders.

Put your body into a kneeling plank position. Slowly lower your chest down and push your body back up to the starting position.

You can also do these on the wall to start or on your toes as you gain more strength.

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COORDINATION



Back Cross Crawls

Middle School

No equipment needed

Instructions

In a standing position, touch your left hand to your right foot behind your back.

Repeat using the opposite hand and foot.
Try it for 30 seconds. Increases left/right brain connection!

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COORDINATION



Bicycles on Desks

All ages

No equipment needed

Instructions

Students sit on their desks and lean back onto hands for stability.

Lift legs and bicycle in the air for 1 minute.

Rest and repeat.

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COORDINATION



Cross Crawls

All ages

No equipment needed

Instructions

While standing, lift your left knee and touch it with your right hand.

Repeat using the opposite knee and hand.
Repeat for 30 seconds.

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COORDINATION



Tree Pose

All ages

No equipment needed

Instructions

Balance on left foot.

Place your right foot on the inside of your left leg, or ankle with toes on the floor (do not put your foot on your knee, place it either above or below).

Right knee should be pointing out to the right side and your right foot should be parallel with your left leg.

Bring your hands together in front of your heart or overhead. After 30 seconds switch sides.

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COORDINATION



Look Ma, No Hands!

All ages

No equipment needed

Instructions

Have students put an object on their desks or on the floor (e.g. pen, notebook, ID card) and call out different body parts they have to try to pick it up with (e.g. elbows, feet, knees, forearm, neck, etc.).

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COORDINATION



Chair Pose

All ages

No equipment needed

Instructions

Standing next to desk, feet together, legs together.

Keeping your knees together, sit back like you were sitting in a chair, while raising arms overhead.

Hold that position for 30 seconds.
Relax and repeat.

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CALMING



Shake It

All ages

No equipment needed

Instructions

Instruct students to remain seated and raise their hands in the air.

Have them start shaking their right hand 10 times, left hand 10 times, left foot 10 times and right foot 10 times.

Repeat, counting down the number of shakes from 9 to 1.

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CALMING



Rainstorm

All ages

No equipment needed

Works well in large groups like a school assembly

Instructions

Have students follow your lead.

Do each action for 20 seconds.

Begin by having students very lightly rub their hands together, then lightly snap, then slap their thighs, and then stomp their feet (the rainstorm is at its peak!).

Then have the students return to just slapping their thighs, return to lightly snapping, return to rubbing their hands and stop.

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CALMING



Arm Sweeps

All ages

No equipment needed

Instructions

Inhale while sweeping arms up to the side and overhead, exhale while sweeping arms down to side.

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CALMING



The Owl

All ages

No equipment needed

Instructions

Stand up and spread out.

Turn head to the right and raise right shoulder up to your chin, then relax.

Slowly turn head to the left and raise left shoulder up to your chin, then relax.

Repeat 10 times on each side, breathing deeply.

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CALMING



Balloon Breath

All ages

No equipment needed

Instructions

Sit up tall and close your eyes.

Place hands gently on lower belly, imagining it is a balloon.

To inflate your balloon belly, breathe in slowly though your nose filling up your "balloon".

Slowly exhale though your nose and feel your balloon deflate. Repeat four to six times.

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CALMING



Double Doodle

All ages

No equipment needed

Instructions

Instruct students to stand up and spread out. Tell students to pretend to scribble with both hands in front of their bodies in the air.

Call out different things for students to doodle (e.g. shapes, their name, animals, etc.) or ask the students questions that they have to 'write out' in their doodle. For example: How do you feel? What are you doing after school? Encourage them to write in complete sentences.

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CALMING



Wood Chopper

All ages

No equipment needed

Instructions

Stand with your feet hip distance apart.

Squat down with arms extended in front of you with hands clasped together in a fist.

As you lower in a squat bring fists towards the ground. As you rise up, bring fists over your head.

Look straight ahead through movement.

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CALMING



Candle Breath

All ages

No equipment needed

Instructions

Sit up tall and clasp your hands in front of you.

Bring index fingers together and point them up (this is your candle).

Imagine there is a flame on top of your candle, breathe in deeply through your nose to fill up your belly, slowly blow out your candle.

Repeat two to three times.



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