

## Classroom Activities



# Can't Touch This

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Hand/Eye Coordination

Equipment: none needed (but feel free to add music such as “Can’t Touch This”)

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Instruct the class to start moving on your command. They must touch 5 chairs, 4 tables, 3 walls, high-five 2 people, and shake 1 person’s hand. As soon as they have completed all tasks, they must return to their seats.

Modification: Play music such as “Can’t Touch This” while students are moving around the room

Source: *Modified from Kidsfit* [www.abllab.com](http://www.abllab.com)