

Classroom Activities



Pencil Jumps

Suggested Levels: 5-12

Time: Less than 5 minutes

Foundation: Cardio, Proprioception

Equipment: Students should have a pen or pencil available

Objective: Promotes movement to refocus the brain.

Description: Have students place a pen or pencil on the floor. Have them jump over the pencil (front-to-back or side-to-side) for a designated number of times.

Source: Modified from Kidsfit www.abllab.com