

PHYSICAL ACTIVITY for PHYSICAL DISTANCING

AS IF

Suggested Levels: PreK-3

Time: 1- 5 minutes

Equipment: NONE

Objective: Promotes movement to refocus the brain while maintaining physical distancing.

Directions: Teacher reads aloud one of the sentences below. The students must act out the sentence for 30 seconds. The teacher then selects another one for the class to act out. Have the students perform at least 5 of them.

AS IF...

- While seated, climb AS IF there is a rope above your head.
- Paint AS IF a paintbrush is attached to your head.
- Swim AS IF you are in a pool full of Jell-O.
- Shake AS IF you are a wet dog.
- While seated, dance AS IF there is fast music playing.
- Juggle AS IF you are juggling hot potatoes.
- Drive AS IF you are a racecar driver.
- While seated, move AS IF you are an elephant.
- Paddle AS IF you are canoeing upstream.
- Flap your arms AS IF you are a dragon.
- Slap your desk AS IF you are playing whack-a-mole.



PLAYGROUND AND
LARGER SPACE OPTIONS

Standing Movement Ideas:

- Jog in place AS IF a bear is chasing you
- Step in place AS IF you are stepping in pudding
- Jump AS IF you are popcorn popping.
- Hop AS IF you are on a tiny trampoline.
- Spin AS IF you are a dog chasing your tail.
- Walk AS IF you are walking on a tight rope.