

## Classroom Activities



# Run in Place

Suggested Levels: 2-12

Time: Less than 5 minutes

Curriculum & Movement Integration

Equipment: Students should have a paper and pencil available

Objective: Promotes movement to refocus the brain while integrating class curriculum.

Description: Have students stand up next to their desk. Instruct them to run in place. When teacher claps his/her hands, the students must stop running, listen to the question, and write the answer on the paper. This exercise continues with the students starting to run in place once again.

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