



Classroom Activities



Higher, Lower

Suggested Levels: 6-12

Time: Less than 5 minutes

Foundation: Cardio, Strength & Endurance

Equipment: none needed

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

Description: One student comes to the front of the room. The teacher writes a 3 digit number on the board behind the student so he/she cannot see it. The student calls out a number while marching in place. The remainder of the class marches in place until the number is called out. If the number is too high, the class squats (indicating to guess lower). If the number is too low, the class jumps up and down (indicating to guess higher). When the correct number is identified, select a different student to come to the front and repeat.

Source: *Modified from* Colorado Legacy Foundation's Take a Break! Teacher Toolbox