

PHYSICAL ACTIVITY for PHYSICAL DISTANCING

IF

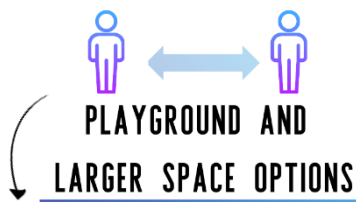
Suggested Levels: 4-7

Time: 1- 5 minutes

Equipment: NONE

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

Directions: Students sit and flutter kick their feet. IF students hear the teacher say _____, then they wave their arms in the air. _____ is a specific type of item in a list of content. Students can listen for parts of speech, mathematical concepts like numbers that are a factor of one another, or natural resources. *Example: If you want students to identify adjectives, call out several nouns and adjectives (dog, car, star, green, cat, big, etc.). Students should be instructed to wave their arms only when they hear an adjective.*



Standing Movement Ideas:

Students stand and march rather sit and flutter kick.

Source: Modified from Create a Classroom that Moves, Ohio Department of Education