

Classroom Activities



Name Moves

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Cardio

Equipment: none needed

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

Description: Students stand behind their chairs. One student starts by saying his/her name and performing a special movement. Example- a student may say "Mandi" and drop to one knee while doing jazz hands. After the student does his or her move, the rest of the class says the student's name in unison and imitates the move. Then it is another student's turn. The activity ends when all students have taken a turn.

Source: Modified from <http://minds-in-bloom.com/20-three-minute-brain-breaks/>