



PHYSICAL ACTIVITY for PHYSICAL DISTANCING

MOVEMENT POEM

Suggested Levels: PreK-3

Time: 1- 5 minutes

Equipment: NONE

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

Directions: Read the poem below and have the students act it out while staying seated.

1, 2, bust a move!
3, 4, twist your core!
5, 6, do a kick!
7, 8, arms up straight!
9, 10, do it again!
1, 2, bust a move!
3, 4, twist your core!
5, 6, do a kick!
7,8 , arms up straight!
9, 10, do it again!
1, 2, bust a move!
3, 4, twist your core!
5, 6, do a kick!
7,8, arms up straight!
9, 10, that's the end!