

PHYSICAL ACTIVITY **for PHYSICAL DISTANCING**

FITNESS SIMON SAYS 1

Suggested Levels: PreK-3

Time: 1- 5 minutes

Equipment: NONE

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

Directions: "Simon Says" rules apply. See movement ideas below.

Seated Movement Ideas:

- Make arm circles
- Do seated jumping jacks
- Kick your legs like you are swimming
- Paddle like you are rowing a boat
- Stand up and sit down once
- Show me your seated dance moves
- Flap your arms like a bird
- March your feet
- Move your arms like you are swimming



**PLAYGROUND AND
LARGER SPACE OPTIONS**

Standing Movement Ideas:

- Hop on one foot
- Touch your toes
- Jog in place
- Spin in a circle
- Jump rope
- March in place
- Stand on your toes
- Stretch up to the sky
- Wobble like a penguin