

# PHYSICAL ACTIVITY for PHYSICAL DISTANCING

## CHAIR SPORTS

Suggested Levels: PreK-7

Time: 1- 5 minutes

Equipment: NONE

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

**Directions:** Have the students position their chairs so that they have enough room to stretch out their legs while sitting on the edge of their chairs). Have the students do each activity for 30 seconds before moving to the next one. Repeat entire circuit.

*Optional: Play music with a strong beat for students as they complete the activities.*



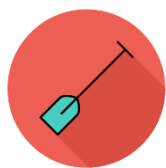
**HIKING:** Students swing their arms and reach left and right while tapping their toes and lifting their knees.



**SWIMMING:** Students move their arms as if doing the front or back crawl and kick their legs in a flutter kick.



**CYCLING:** Students hold on to the seat of their chairs and pedal their legs as if riding a bike.



**PADDLING:** Students use an imaginary paddle to paddle a canoe (both sides).

Source: Modified from Daily Physical Activity: A Handbook for Grades 1-9 Schools 2006, Alberta Education