

Classroom Activities



Ball Toss

Suggested Levels: 5-12

Time: Less than 5 minutes

Curriculum & Movement Integration

Equipment: Balls to toss (3 or 4 depending on class size)

Objective: Promotes movement to refocus the brain while integrating classroom curriculum.

Description: Divide students into groups of 5 or more. Give each group a ball to toss. The person tossing the ball must call out a vocabulary word. The person that catches the ball must provide the definition.

Source: Modified from Kidsfit www.abllab.com