

PHYSICAL ACTIVITY for PHYSICAL DISTANCING

5 X 10

Suggested Levels: PreK-7

Time: 1- 5 minutes

Equipment: NONE

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

Directions: In this simple activity, have students remain seated. The teacher then gives them 5 different movements. Students must complete 10 reps of the five movements.

Optional- Once the students have completed each movement, the teacher may continue by selecting 5 new movements for students to complete.

Seated Movement Ideas:

- Air punches
- Front flutter kicks
- Seated cross crawls
- Seated crunches
- Seated dance moves
- Seated dips
- Seat hoover holds
- Seated jumping jacks
- Seated side bends
- Seated swim
- Speed bag



PLAYGROUND AND
LARGER SPACE OPTIONS

Standing Movement Ideas:

- Cross crawl
- High knees
- Hop on one foot
- Jumping jacks
- Lunges
- Mountain climbers
- Spin around
- Squats
- Windmills