

for **PHYSICAL ACTIVITY** **PHYSICAL DISTANCING**

I SEE

Suggested Levels: PreK-7

Time: 1- 5 minutes

Equipment: NONE

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

Directions: The teacher begins by instructing everyone to stay in their seats. To start, the teacher says, "I see" and the class responds, "What do you see?" Then the teacher tells what he/she sees, which can include a movement, an exercise, or a skill challenge such as: "I see everyone dancing in place." The group begins dancing and continues until the teacher says, "I see..." which restarts the process. Feel free to create your own.

Suggested Seated Activities...

- Juggling
- Dancing
- Twisting
- Hula hooping while staying seated
- Swimming
- Rope climbing
- Marching while staying seated
- Seated cross crawls
- Basketball shots
- Stretching

SCRIPT

Teacher: "I See"

Students: "What do you see?"

Teacher: "I See_____"

Students: (act it out)

Standing Movement Ideas:

- Jogging in place
- High knees
- Jumping rope
- Dance moves
- Jumping jacks
- Marching
- Hopping on the left leg
- Hopping on the right leg
- Spinning in a circle
- Walking on tip toes

