

Classroom Activities



Group Movement Review

Suggested Levels: 8-12

Time: 5-15 minutes

Curriculum & Movement Integration

Equipment: none needed

Objective: Promotes movement to refocus the brain while reviewing class material.

Description: Divide the class into groups of 4. Within each group, assign each person a number (1-4). Ask a question. Give each small group a chance to discuss it. Pick a number 1-4 and that person must find a new group and share what their previous group had discussed. Continue this exercise using as many questions as time allows.

Source: Modified from Kidsfit www.abllab.com