

PHYSICAL ACTIVITY for PHYSICAL DISTANCING

MOVING MATH

Suggested Levels: 4-7

Time: 1- 5 minutes

Equipment: NONE

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

Directions: The teacher calls out a math problem. Then the students must demonstrate the correct answer with movement. Example- $6 \times 3 = 18$ jabs. See movement ideas below.

Seated Movement Ideas:

- Front flutter kicks
- Jabs (boxing)
- Seated cross crawls
- Seated crunches
- Seated side bends
- Speed bag
- Foot taps



PLAYGROUND AND
LARGER SPACE OPTIONS

Standing Movement Ideas:

- High knees
- Hops on one foot
- Jumping jacks
- Lunges
- Squats