

Classroom Activities



Jump x4

Suggested Levels: 4-12

Time: Less than 5 minutes

Foundation: Cardio, Cross Lateralization

Equipment: none needed

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Have students do the following exercises for **30 seconds each**.

Jump Ups- Jump as high as you can as you reach your hands towards the ceiling.

Criss-Cross Jumps- Start with your feet shoulder width apart, jump crossing one leg in front of the other. Continue jumping while criss-crossing legs back and forth.

Diamond Jumps- Start with your feet about shoulder width apart. Jump, landing with one foot forward and one foot behind. Jump again returning to the starting position. Continue jumping, creating a diamond shape with your feet.

Four Corner Jumps- Stand with feet together. Imagine you are standing in a box on the floor. While keeping your feet together, jump to each of the four corners of the box.

Source: *Modified from* Active Academics