

<p><i>Ear, Nose, Switch</i></p> <p>Place your right hand on your nose and left hand on your right ear. Start to switch positions slow and then increasingly get faster.</p>	<p><i>Left, Right, Wave</i></p> <p>Wave back and forth with your right hand and up and down with your left hand.</p>
<p><i>Rock, Paper, Scissors, Math</i></p> <p>Play rock paper scissor, but instead of choosing "rock, paper or scissor" hold out your fingers (choose how many) and winner yells out the correct answer for addition, subtraction or multiplication. To make it more difficult use both hands and use order of operations.</p>	<p><i>Body Writing</i></p> <p>Choose a vocabulary word from a unit you are studying and ask students to write the word using a body part in the air.</p>

<p><i>Opposite Circles</i></p> <p>Move your hands in opposite circles in front of you.</p>	<p><i>Four Corners & High Five</i></p> <p>Touch each corner in the room, then high five 5 different people in the class</p>
<p>RE-FOCUSERS</p> <p>Short 1 minute activities that can be done individually at a desk. Should be done at least every 20 minutes to assure the brain is concentrating on the task at hand.</p>	

<p><i>Red Elbow</i></p> <p>The leader calls out a body part and a color. The players then rush around the room looking the touch the body part to the color.</p>	<p><i>Balloon Keep Up</i></p> <p>Students to link arms at their elbows. Give each group a balloon. The object is to keep the balloon up with anything but their hands.</p>
<p><i>Keep it on Your Side!</i></p> <p>Divide your class in two groups and create a divider in the middle. Ask students to make up as many paper balls from used paper. The object is to continually thrown the paper and try to get as many on the other side as possible before the time ends. Ask all of the students to write a vocabulary word on each paper form the unit you are studying. When they are done they need to make a group story out of the papers that are on their side.</p>	<p><i>Tennis Ball Relay</i></p> <p>The groups will compete against one another while sitting. Ask all students to stand up (for added difficulty tell them to stand on one leg or to hop while they are waiting). Give each group a tennis ball. The object is for each member of the group to make one revolution around all the group members while holding the tennis ball between their knees. When they return to their spot they can sit down.</p>

<p style="text-align: center;">ENERGIZERS</p> <p>Meaningful breaks within class time that re-energize and stimulate the brain. Often used as a transition between activities and not related to the curriculum. Usually 5 to 10 minute activities in pairs, teams or whole class.</p>	
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Number Up/Number Down

Ask one student to come to the front of the room. Write a number between 1 - 500 on a sheet of paper behind the student. Ask the rest of the class to stand up. The student at the front needs to guess the number. The class can give the students hints. If the guesser says a low number the class jumps up and down, if the guesser says a high number the class squats lower. Switch guessers a few times.

Ninja

Form a circle. Everyone has one "ninja" move that hits the other person's hand. The ninja move goes around the circle with the goal being to move quickly around the room with only one ninja left at the end of the game.

Rock, Paper, Scissor - LEGS

Play a "rock, paper, scissor" tournament with legs. Jump three times and choose a position on the fourth landing. Legs apart = paper / Legs together = rock / One leg back one leg forward = scissor

Ball Over/Under

Break into teams of any size all standing in lines. The beginning student starts by passing the ball over their head with two hands, the student behind grabs the ball with two hands and continues passing the ball with two hands through their legs. The challenge continues until the ball passes fully along the line. You can also add more balls, create larger teams, adding a twist hip pass instead of over under, etc.

Water Bottle Bowling

Keep ten empty water bottles in your room and a tennis ball. Write questions or vocab on the bottles and the ones left standing the students need to act out the word for the others.

Balloon Races

Put students into teams of two. Students will stand back-to-back with a balloon between them. They are to balance the balloon between each other without dropping/popping it while having to move from one area to another. Can add on different types of movements, body parts, race lengths, amount of players, etc.

<p>Cardboard Box Toss</p> <p>Cut different shape holes in a cardboard box and keep some small bean bags to toss from a distance into the holes. Give point values to the different shapes.</p>	<p>Bop Goes the Weasel</p> <p>Students stand in a tight circle with their hands behind their back. One student stands in the middle. The goal is for the students to pass one bottle around the circle while they chant "Bop the weasel 1, etc." After ten rounds, the person in the middle has to try and guess who is holding the water bottle. If they guess correctly, a new person goes into the middle, if they guess incorrectly, they try again.</p>
<p>Museum</p> <p>The leader is the "tour guide" who walks around the room admiring the statues (students) as they are posed around the room. If the tour guide is not looking, the statues can change position, however if the guide seems them moving, they become human again and join the tour. The final statue wins the game. NOTE: this game takes at least 7-10 minutes.</p>	<p>One Step</p> <p>Students can stand up and then the teacher asks a question of the group. For example, all students with white socks take one step forward. This can be adapted to a variety of questions.</p>
<p>Desk Olympics</p> <p>Most teachers move desks around into different configurations regularly (groups, rows, horseshoe, etc...) Why not turn it into a game and competition between classes. Post laminated desk configurations on the board with numbers next to them. Time each class how long it takes to move the desks into the different configurations. Practice it from time to time. Turn it into a teamwork activity by evaluating how it could be done better.</p>	<p>Action / Name Cards</p> <p>Students complete a card with: names, email, parents names, favorite subjects, favorite foods, etc. Before collecting the cards each student creates one movement to link with their name. Standing in a circle, the rest of the class mimics the movement and the student puts the name of the movement on their card. The teacher can call on students through the movement associated with their name. Additionally, the teacher can build a quick class workout based on students names. For instance, you can instruct the class to do 5 Johns, 10 Jasons etc.</p>

<p><i>Soccer Discipline</i></p> <p>A way to silently yet visually know students are not meeting expectations. Yellow card = warning / Red card = step out of the room / Green card = some sort of kinesthetic reward</p>	<p><i>Football Discipline</i></p> <p>Make flags of different colors that indicate different things. When a student is not meeting or is exceeding classroom expectations throw a "flag on the play."</p>
<p>CLASS ENGAGEMENT</p> <p>Meaningful structures that provide structure, organization and consistency to the classroom rules and expectations and incorporate movement.</p>	<p><i>Compass Points</i></p> <p>Each student is given a blank notecard with four points (N,S,E,W) or vocabulary from the class. Students will make four appointments on their compass with four different students in the class (make sure they only make one appointment for each point on the compass). This can be used as a "think, pair, share" strategy that incorporates movement. For instance the teacher can say, "meet your Western appointment and do 5 jumping jacks." Students will then discuss their answers to the question on the board.</p>
<p><i>Kick Me Vocabulary</i></p> <p>Write the vocabulary words from your unit of study on small pieces of paper. As students enter your room tape one word to each of their backs. For the first round there is no talking and students must try to interact with one another using gestures and charades. In the second round they can interact verbally but can not say the word on the others back.</p>	<p><i>Picture Act It Out</i></p> <p>Act / draw the vocabulary words. This can easily be made into a race to energize their minds and bodies.</p>

<p><i>Vocabulary Put Up</i></p> <p>Give each student a vocabulary word as they walk in. Tell them to associate it the word with something in the room by taping it to the object. Ask them to tell the story of why they associated the new word with something they already know.</p>	<p><i>WABAM</i></p> <p>Writer - Actor - Builder - Artist - Musician. Choose a topic related to the lesson and they must either write about it, act it out, build it with clay, draw it or create a song/musical piece for it.</p>
<p><i>Four Corners Debate</i></p> <p>In each corner, have Strongly Agree, Strongly Disagree, Disagree and Agree. Ask a debatable question, and have the students move to the corner that best fits their answer. They then talk about their reason for standing in that corner with the small group and share their answers with the large group.</p>	<p><i>Whip Around</i></p> <p>Use whenever needs students to share out. Students stand in a circle around the room. Start with one and pass a soft object around, when students share they can sit down.</p>
<p><i>Vocabulary Name Card Disco</i></p> <p>Students wear vocabulary cards that hang around their necks facing inward. In partners, one student offers clues, examples and definitions without saying the word. When both partners are done they switch name cards and find a new partner.</p>	<p><i>Jump Rope Circle Pass</i></p> <p>Use an old jump rope tied into a circle. Have the students pass it around the circle. The last group to get it completely around, has to answer questions about the text or the material being taught.</p>
<p><i>Cell Cycle Race</i></p> <p>Students line up facing the same way. The back person draws out the action of one stage of the cell cycle on the back of the person in front. Then that person does it to the person in front of them. The person in front needs to choose the correct cell cycle and bring it to me. The first team that brings the correct answer wins.</p>	<p><i>Vocabulary Taboo</i></p> <p>Create a game with the vocab word and three “taboo” words that cannot be said. Students must find alternative ways to describe the vocabulary word and have their group guess it. If they say one of the “taboo” words, they get buzzed out and have to move onto the next word.</p>

Vocabulary Spell it Out

Have multiple letters on A4 pieces of paper, enough to spell out the vocabulary words your are studying. Hand out random letters to students and see if they can organize themselves into a vocabulary word used in class.

Map Race

When studying countries, laminate the maps of the world. In between the lesson, have the students attempt to guess as many as they can in a group. They can race through them and record their record. Try to beat the records set by others.

KINESTHETIC CURRICULUM

Activities that incorporate movement into the curriculum.