

# Classroom Physical Activity Guide



		COLOR DIE ROLL					
		1	2	3	4	5	6
Black and White Die Roll	1	Run in place for 30 seconds	10 burpees	Side Lunge 10 steps	15 jumping jacks	Balance on Right Foot for 20 seconds	Use your body to grow from a seed into a flower
	2	12 pushups	Hop on left foot 10 hops	Squat 10 seconds	Crab walk 15 steps	Balance on Left Foot for 20 seconds	Crazy dance for 30 seconds
	3	10 jumping jacks	Hop on right foot 10 hops	High Knees in place for 30 seconds	10 Frog-leaps	March like a soldier for 30 seconds	Sing Head, Shoulders, Knees and Toes super-fast
	4	15 seconds in plank	10 squat jumps	Front Lunge 10 steps	Windmill arms for 20 seconds	10 crunches	Do a summersault
	5	Downward facing dog	20 side-to-side hops	15 arm circles with your right arm	10 Star-Jumps	15 arm circles with your left arm	Do "Stop Drop and Roll"
	6	Crab walk 10 steps	Invisible Jump rope for 20 seconds	10 crunches	Crawl like a baby for 20 seconds	10 toe-touches	High Five everyone in the room in 60 seconds

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	2						
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<b>A</b>	10 Star-Jumps		<b>N</b>	Squat 10 seconds
<b>B</b>	Balance on Right Foot for 20 seconds		<b>O</b>	15 arm circles with your left arm
<b>C</b>	Crab walk 10 steps		<b>P</b>	15 seconds in plank
<b>D</b>	Downward facing dog		<b>Q</b>	Do a summersault
<b>E</b>	Crazy dance for 30 seconds		<b>R</b>	Run in place for 30 seconds
<b>F</b>	Balance on Left Foot for 20 seconds		<b>S</b>	10 squat jumps
<b>G</b>	Use your body to grow from a seed into a flower		<b>T</b>	10 toe-touches
<b>H</b>	High Five everyone in the room in 60 seconds		<b>U</b>	12 pushups
<b>I</b>	Invisible Jump rope for 20 seconds		<b>V</b>	Sing Head, Shoulders, Knees and Toes super-fast
<b>J</b>	10 jumping jacks		<b>W</b>	Windmill arms for 20 seconds
<b>K</b>	High Knees in place for 30 seconds		<b>X</b>	Do "Stop Drop and Roll"
<b>L</b>	10 Frog-leaps		<b>Y</b>	15 arm circles with your right arm
<b>M</b>	Front Lunge 10 steps		<b>Z</b>	Crawl like a baby for 20 seconds

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A			Z	
B			O	
C			A	
D			Q	
E			R	
F			S	
G			T	
H			U	
I			V	
J			W	
K			X	
L			Y	
M			Z	

## How to use the Dice Game:

You'll need:

- Colored 6-Sided Die
- Black and White 6-Sided Die
- Stopwatch or clock with a second hand

To Play:

- Roll both dice, find the corresponding box on the matrix, and do the activity!

### Keep it Interesting!

- Do all the activities as a class, having “helpers” roll the dice. Roll a set number of times or play for a set number of minutes.
- Split the class into two groups, giving them their own dice and matrix. Which group can get through the most rolls during the set amount of time? Or, who can get through a set number of rolls first?
- Pair students up, giving them their own dice and matrix. Which group can get through the most rolls during the set amount of time? Or, who can get through a set number of rolls first?
- Have students make their own matrix, mixing the activities up and adding some of their own ideas. Allow them to trade matrices with a friend or pass out random matrices each time you play.
- Instead of using the dice, ask students to do a set from a multiplication family or other math skill.

## How to use the Name Game:

You'll need:

- A Letter Sheet for each student, or a way to project the Letter Sheet

To Play:

- Have students do the activity that corresponds with each letter of their name

### Keep it Interesting!

- Ask students to pick a friend's name to do
- Ask students to do a spelling or vocabulary word
  - Who can get through the word the fastest?
- Allow students to make their own Letter Sheet, mixing up the activities and adding their own ideas. Allow them to trade Letter Sheets with a friend or pass out random sheets each time you play.