



# Classroom Activity Ideas

## Keep Kids Active at School!

- Lead students in a walk around the classroom while playing music
- Take stretching breaks between classes
- Have the students dance to music or march in place
- Create themed activity days and encourage the faculty to engage students in specific activities, while teaching them about the different exercises and sports
- Play the Hokey Pokey, Head and Shoulders, or other active song between classes
- Make jumping jacks a fun activity before and after lunch
- Find creative and active ways for students to ask questions instead of just hand-raising (try arm circles or hopping on one leg)

*Schools are encouraged to provide students with breaks during the school day for engaging in physical activity. It is important to provide kids with time to be active because it helps to keep them alert and focused.*

*Discouraging student inactivity for more than two hours is a great guideline for scheduling activity breaks during the day!*

- Start a “stair-climbing” or “step-counting” campaign for students and have them compete against other classes to see who can be most active
- Teach the students about yoga and take yoga breaks in the morning and after lunch to help them focus
- Encourage students to come up with creative ways to be active as a class and have them lead the class in the activity
- Create a morning routine of jumping jacks, marching, arm circles, knee lifts, and stretching to begin each day
- Have students walk around the classroom throughout the day to accumulate 10,000 steps as a class
- Encourage students to do squats or knee raises while waiting in line

## Find Out More About Physical Activity for Kids:

- **VERB: CDC Youth Media Campaign**  
[www.cdc.gov/youth/campaign](http://www.cdc.gov/youth/campaign)
- **BAM! Body and Mind CDC**  
[www.bam.gov/sub\\_physicalactivity/index.html](http://www.bam.gov/sub_physicalactivity/index.html)
- **Powerful Bones. Powerful Girls.**  
[www.cdc.gov/powerfulbones/stayingstrong/index.html](http://www.cdc.gov/powerfulbones/stayingstrong/index.html)
- **Healthy Youth! CDC**  
[www.cdc.gov/HealthyYouth/physicalactivity/index.html](http://www.cdc.gov/HealthyYouth/physicalactivity/index.html)
- **Education World**  
[www.education-world.com/a\\_special/](http://www.education-world.com/a_special/)



# Keeping Kids Active!

## Make Exercise Part of the Lesson

*A great way to engage your students in physical activity during the school day is to make physical activity part of the lesson! Using exercise while teaching the lesson makes learning a fun and healthy experience for the students!*

*Combining exercise with your classroom lessons also helps discourage student inactivity, keeping students alert and focused. Create healthy habits in your students by making classroom lessons both educational and interactive!*

- Use jumping jacks and toe touches to teach adding and subtracting problems during math class
- Encourage your students to march in place while reciting spelling or vocabulary words
- Have students twist, jump, or squat for each correct answer while the teacher is checking assignments
- Recite multiplication tables, poems, or history facts from memory while holding different stretches

## Ideas for Adding Activity

### • **Start Moving in the Classroom!**

*Keep students moving during class time by encouraging them to walk, march, jog, skip, hop, or lunge around the room! Kids can also be active at their desks by doing knee lifts, toe touches, and arm circles!*

### • **Get the Students Involved!**

*Encourage the students to come up with fun and creative ways to be active and have them share these ideas with the class. Students can also share their tips and ideas for increasing physical activity by reducing the time they spend watching television or playing video games.*

### • **Lead by Example!**

*By being active with your class and engaging in physical activity, you can serve effectively as a role model for exercise! Enthusiastic teachers can make physical activity fun for their students while also teaching them about the benefits of physical activity.*

### Make Exercise Part of Classroom Lessons:

- **Take 10!**  
[www.take10.net/whatistake10.asp](http://www.take10.net/whatistake10.asp)
- **Brain Breaks (Michigan Dept. of Education)**  
[www.emc.cmich.edu/brainbreaks](http://www.emc.cmich.edu/brainbreaks)

