



# ACTIVE CLASSROOM

## ACTIVITY CARDS



### BODY SHAPES

- We're going to balance on 1 foot and slowly draw shapes in the air with our other foot.
- After a few minutes, we're going to switch feet and draw with the other foot.
- If you have trouble balancing on 1 foot, it's okay to get in a squat position, or with both feet together, and draw the objects in the air with your arm.

**EXERCISE:** Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an **exercise** they could do at home to improve muscular strength.*

