



# DEAM

Drop Everything And Move

## OCTOBER'S

Classroom Physical Activity Routine

*This month perform the activities below:*

<i>Mixed-Up</i> <b>Mondays</b>	Hold up 2 fingers on your right hand and 2 <i>different</i> fingers on your left hand. Jump 3 times. When you land on your final jump, switch fingers from one hand to the other.
<i>Two-For</i> <b>Tuesday</b>	You get 2 choices (Pick 1): 50 Jumping Jacks or 30 Squats
<i>Warm-Up</i> <b>Wednesday</b>	Perform any safe movement or exercise while the music is playing. Freeze when it is paused.
<i>Think-It</i> <b>Thursday</b>	Hop Spelling: Teacher calls out a word and students hop on 1 foot while spelling that word. Hop-spell again, taking turns hopping on the other leg. Call out a new word and repeat.
<i>Fitness-Fun</i> <b>Friday</b>	Select 3 exercises or movements. Perform 2 sets of 10 reps each.