



DEAM

Drop Everything And Move

NOVEMBER'S

Classroom Physical Activity Routine

This month perform the activities below:

<i>Mixed-Up</i> Mondays	Hold up your right foot to make clockwise circles. Simultaneously, begin making clockwise circles with your left arm. When leader says "SWITCH!" attempt to make your right leg change to counterclockwise while maintaining a clockwise direction with your arm. Repeat.
<i>Two-For</i> Tuesday	You get 2 choices (Pick 1): 25 Desk Push-ups or 15 Triceps Dips (using a chair)
<i>Warm-Up</i> Wednesday	Teacher creates a pattern of claps and stomps. Students attempt to mimic and repeat the pattern.
<i>Think-It</i> Thursday	State Statues: Teacher calls out a state capitol. Students shape their bodies into the 2-letter state abbreviation making 1 letter at a time.
<i>Fitness-Fun</i> Friday	Students perform a safe exercise of their choice for 30 second intervals. Complete 6 intervals.