



# DEAM

Drop Everything And Move

## DECEMBER'S

Classroom Physical Activity Routine

*This month perform the activities below:*

|                                     |   |
|-------------------------------------|---|
| <i>Mixed-Up</i><br><b>Mondays</b>   | This activity uses a paper ball.<br>Hold the ball in your right hand, raise your left leg and transfer the ball to your left hand, passing the ball under your knee. Switch the process raising your right leg and passing the ball back under your knee to your right hand. Continue this figure-8 pattern for 1 minute. |
| <i>Two-For</i><br><b>Tuesday</b>    | You get 2 choices (Pick 1):<br>20 Forward Lunges (with each leg)<br>or 15 Reverse Lunges (with each leg).   |
| <i>Warm-Up</i><br><b>Wednesday</b>  | Hold 2 different balance poses for 30 seconds each.   |
| <i>Think-It</i><br><b>Thursday</b>  | Skip-Count Skipping: Skip (in place) and skip count by a designated number (e.g., 2-4-6-8...etc.).  |
| <i>Fitness-Fun</i><br><b>Friday</b> | Be sure students are safely spaced with enough room to be physically active.<br>Play the song, <i>Eye of the Tiger</i> .<br>Perform shadow boxing or air punches for the entire song.   |