



DEAM

Drop Everything And Move

CLASSROOM INTEGRATED MOVEMENT

FEBRUARY

<i>Mixed-Up</i> MONDAY	Teacher calls out a word, Students do the opposite. Examples: High/Low, Wide/Narrow, Face-Forward/Backward, On/Off.
<i>Two-For</i> TUESDAY	50 High-Knees or 50 Seat-Kickers.
<i>Warm-Up</i> WEDNESDAY	Touch your right elbow to your left knee. Then touch your left elbow to your right knee. Continue for 1-minute.
<i>Think-It</i> THURSDAY	A yard (1 giant step) is equal to 3 feet (1 foot is 1 baby step). In this activity, the teacher calls out a measurement and a direction (e.g., "2 yards backward"). Students follow along by taking the correct number of baby steps (feet) or giant steps (yards) in that direction.
<i>Fitness-Fun</i> FRIDAY	Perform 20 jumping lunges.