



# DEAM

Drop Everything And Move

## CLASSROOM INTEGRATED MOVEMENT

# MARCH

<i>Mixed-Up</i> <b>MONDAY</b>	Letter Swap: Using sign language ( <a href="#">AMA</a> ) make a letter with your right hand and a letter using your left hand. Stomp your feet 4 times and switch so the right hand has the letter from the left, and vice versa.
<i>Two-For</i> <b>TUESDAY</b>	25 <a href="#">Step Jacks</a> OR 25 <a href="#">March Jacks</a>
<i>Warm-Up</i> <b>WEDNESDAY</b>	Stand with feet together. Bend knees and scrunch body down into a ball. Slowly stand until your hands are reaching for the sky. Repeat 5 times.
<i>Think-It</i> <b>THURSDAY</b>	<i>Verb or Noun?</i> Teacher calls out a word (a verb or noun). If the word is a verb, students continuously perform that movement next to their desk (ex. run, march, jump, etc.). If the word is a noun, students freeze.
<i>Fitness-Fun</i> <b>FRIDAY</b>	Using 30-second intervals, do the following exercising: jumping jacks, desk push-ups, squats, trunk-twists.