



DEAM

Drop Everything And Move

CLASSROOM INTEGRATED MOVEMENT

APRIL

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| Mixed-Up MONDAY | <p><u>Which Hand?</u> Students stand holding a paper ball. Teacher says “toss” and when the paper ball is in the air the teacher will say “right” or “left.” Students must catch the paper ball in the correct hand.</p> |
| Two-For TUESDAY | <p>50 Arm Raises OR 50 Calf Raises</p> |
| Warm-Up WEDNESDAY | <p>Students walk in place for a silent 10 count, then jog in place for a silent 10 count, and finally students run in place for a silent 10 count. Repeat this pattern until signaled to stop.</p> |
| Think-It THURSDAY | <p><u>You Can Be 2 or 4</u> Face a partner and jump three times. After the final jump put your hand out with either 2 or 4 fingers. If partners are different (i.e. one partner has 2 fingers and one has 4 fingers) then a point is scored.</p> |
| Fitness-Fun FRIDAY | <p>Do as many reverse plank kicks as you can in 30 seconds?</p> |