



DEAM

Drop Everything And Move

CLASSROOM INTEGRATED MOVEMENT

MAY

<i>Mixed-Up</i> MONDAY	Find a partner. Both partners march in place. Partner 1 interlocks his/her hands. Partner 2 points at (without touching) any of Partner 1's fingers. Partner 1 attempts to raise that finger. Switch roles.
<i>Two-For</i> TUESDAY	20 Jumping Lunges OR 30 Plank Arm Raises
<i>Warm-Up</i> WEDNESDAY	<u>All-Star Charades</u> The teacher will call the name of a student. That student will call out any sport-related skill (e.g. dribble a soccer ball, serve a tennis ball, etc.). Everyone will silently act out the skill until another student is called.
<i>Think-It</i> THURSDAY	Students hold up any number of fingers on one hand. The teacher then holds up any number of fingers using both hands. Add the teacher's fingers to find the sum. If the sum is even, students holding an even number (2 or 4 fingers) win. If the sum is odd, students holding an odd number (1, 3, 5) win. Winners celebrate by doing 2 star jumps.
<i>Fitness-Fun</i> FRIDAY	Burpees are a great full-body workout that help develop both aerobic capacity and muscular fitness. Do 15 burpees today and challenge yourself to do 15 more burpees at home over the weekend!