



DEAM

Drop Everything And Move

CLASSROOM INTEGRATED MOVEMENT

JUNE

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| Mixed-Up MONDAY | <p><u>“Mixed-up Traffic Light”</u> This game is like “Simon Says” so the teacher/leader will call out different lights and students perform the Green- run in place, Yellow- walk, Red- Stop/Freeze, Blue- Jump, Orange- Spin, Purple- Touch Toes</p> |
| Two-For TUESDAY | <p>30 Knee-to-Elbow Touches OR 30 Knee-to-Elbow Crunches</p> |
| Warm-Up WEDNESDAY | <p>The “shakes” will move up your body in this activity. Begin by shaking just your feet, then add your knees, next include your hips, now add your shoulders, the shakes move to your arms, and finally your head. Shake your whole body for the count to 10.</p> |
| Think-It THURSDAY | <p><u>Numbers in the Air</u> Perform either balancing on 1 foot or sitting. Trace numbers 1-10 in the air with one hand and the opposite foot (simultaneously).</p> |
| Fitness-Fun FRIDAY | <p>Do two sets of 25 Plank Jacks!</p> |