## Classroom Integrated Movement

### AUGUST

<table>
<thead>
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<th>Day</th>
<th>Activity</th>
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| **Mixed-Up** Monday | Stand Tall  
Students are in a crouched position. When students hear a word that begins with “C” (or other designated letter) they stand tall. The teacher continues play resetting to a crouched position between words. |
| **Two-For** Tuesday | 25 Split Jacks  
OR  
10 Hop Heel Clicks |
| **Warm-Up** Wednesday | Pair Up  
Move around the room. When you hear “toe partner” touch toes with one other student. Students wave good-bye and move again. Continue calling out different body parts (back, elbow, etc.). Students cannot repeat partners. Call previously used body parts to re-visit previous partners. |
| **Think-It** Thursday | Play "Yum Yum Yum" |
| **Fitness-Fun** Friday | Perform the Cupid Shuffle in a crab position.  
Move Right (4 count), Move Left (4 count), 4 Crab Kicks (4 count), Sit & Raise the Roof (4 count) |