



# DEAM

Drop Everything And Move

## CLASSROOM INTEGRATED MOVEMENT

# AUGUST

<i>Mixed-Up</i> <b>MONDAY</b>	<u>Stand Tall</u> Students are in a crouched position. When students hear a word the begins with "C" (or other designated letter) they stand tall. The teacher continues play resetting to a crouched position between words.
<i>Two-For</i> <b>TUESDAY</b>	25 <u>Split Jacks</u> OR 10 <u>Hop Heel Clicks</u>
<i>Warm-Up</i> <b>WEDNESDAY</b>	<u>Pair Up</u> 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.
<i>Think-It</i> <b>THURSDAY</b>	Play " <u>Yum Yum Yum</u> "
<i>Fitness-Fun</i> <b>FRIDAY</b>	Perform the <u>Cupid Shuffle</u> in a crab position. <i>Move Right (4 count), Move Left (4 count), 4 Crab Kicks (4 count), Sit &amp; Raise the Roof (4 count)</i>