



DEAM

Drop Everything And Move

CLASSROOM INTEGRATED MOVEMENT

SEPTEMBER

<i>Mixed-Up</i> MONDAY	The first student begins by saying his/her name while completing a movement at the same time. The class repeats back the name and does the movement. The next student says her/his name and does a new movement. The class repeats the name and completes the movement. Continue for each student.
<i>Two-For</i> TUESDAY	15 Up Down Planks OR 20 Plank Jacks
<i>Warm-Up</i> WEDNESDAY	<u>Stare Down</u> Form a circle or line up around the perimeter. Students begin the game looking at their toes. Call out "stare down" signaling students to look up at one other student in the room. If that same student is staring back, then a point is score. Repeat.
<i>Think-It</i> THURSDAY	Label room with the directions: north, east, south, west. Call out places and students turn to face the corresponding direction and jump 3 times (ex. if "Antarctica" is called, students face south).
<i>Fitness-Fun</i> FRIDAY	One student is identified as the leader and closes his/her eyes. The remaining students turn and face any direction (or wall) in the room. The leader then turns to face a wall. The students facing in the same direction as the leader are safe. Everyone else performs 5 jumping jacks. Repeat.