

# for PHYSICAL ACTIVITY PHYSICAL DISTANCING

## THINGS IN THE ROOM

Suggested Levels: 4-7

Time: 1- 5 minutes

Equipment: NONE

*Objective: Promotes movement to refocus the brain while maintaining physical distancing.*

**Directions:** Beginning with the letter A, have students perform a jumping jack after a student names something in the room that starts with A. Move through the alphabet (example: alphabet cards, book bag, chair, desk, etc.). Move down the rows, each student calling out an item with the next letter. If someone can't think of an object, ask the rest of the class for help. Continue jumping jacks until the entire alphabet is complete.



PLAYGROUND AND

LARGER SPACE OPTIONS

### Standing Movement Ideas:

- Cross crawl
- High knees
- Hop on one foot
- Jumping jacks
- Lunges
- Mountain climbers
- Squats