

Get Moving and Get Learning!

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Collection Tray

Set up a place for students to get up to turn in their assignments, instead of collecting them.

Cardio Review

Have them answer multiple choice questions by moving to a certain spot in the room.

Story Time

When reading books as a class, have the students act out the scenes in the story.

Raise Your Body

Have the kids stand up and do a jumping jack instead of raising their hands.

Active Sitting

Sit on the floor or on stability balls to activate more muscles.