

FIT ACTIVITIES!



~THIS TEACHER'S THOUGHTS~



USE THESE ACTIVITIES FOR MOVEMENT BREAKS, BRAIN BREAKS, REGULATION STATIONS OR AS A SIMPLE WARM UP FOR PE LESSONS.

INSTRUCTIONS - SPELL OUT YOUR NAME OR ANY WORD TO CREATE YOUR PROGRAM OF 'FIT ACTIVITIES'!

A Hop on right foot 10 times

B Hop on left foot 10 times

C Do 10 jumping jacks

D Hop like a frog 10 times

E Balance on right foot for 10 seconds

F Balance on left foot for 10 seconds

G Soldier crawl for 10 seconds

FIT ACTIVITIES!



~THIS TEACHER'S THOUGHTS~



H Walk like a crab for 20 seconds

I Reach for ceiling for 20 seconds

J Pretend to jump rope for 20 seconds

K Touch your toes 20 times

L Pick up a ball with no hands

M Run on the spot for 30 seconds

N Hop like a frog 10 times

O Walk an imaginary line

FIT ACTIVITIES!



~THIS TEACHER'S THOUGHTS~



P Balance on right foot for 10 seconds

Q Balance on left foot for 10 seconds

R Flap arms like a bird 25 times

S Pretend to pedal a bike with your hands for 20 seconds

T Walk like a monkey for 20 seconds

U Curl up into a tiny ball and hold for 20 seconds

FIT ACTIVITIES!

~THIS TEACHER'S THOUGHTS~

V March like a soldier for 30 seconds

W Walk on you knees for 10 seconds

X Pretend to play hopscotch for 20 seconds

Y Throw and catch a ball 10 times

Z Do 2 lunges on each leg

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM

