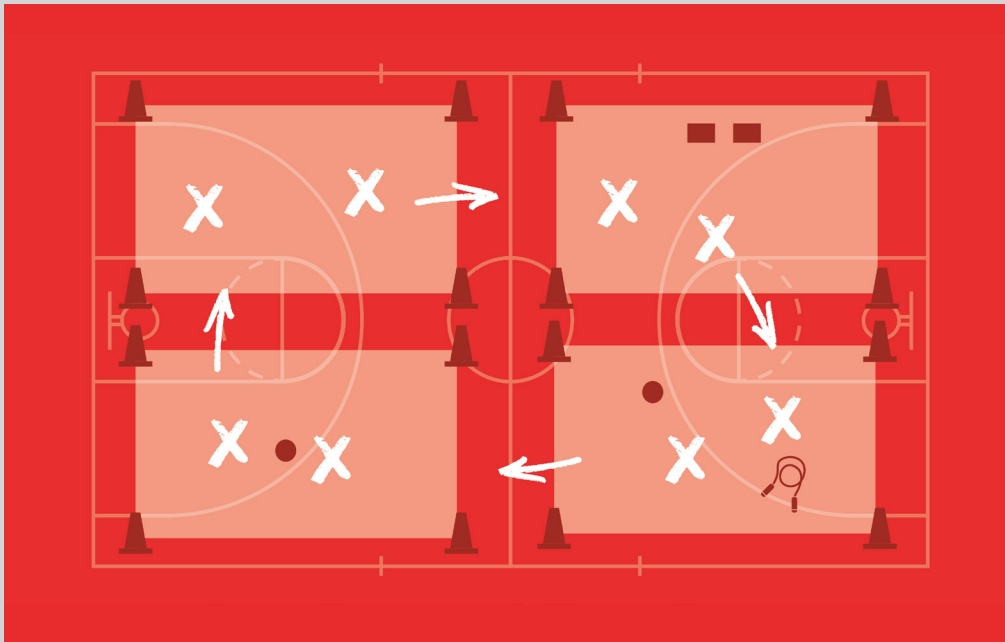


# DAILY MOVES



## GAME SET UP:



## OVERVIEW:

Rotate through stations representing times and places to be active throughout the day.

1. Learners are in 4 groups.
2. Each group will rotate to one of the 4 stations where they will choose an option representing something they can do to be active throughout the day.
3. Do a quick overview of each station, then rotate learners every 3-4 minutes. Play music during the stations, then pause music to signal moving to the next station.
4. Stations:

**Morning:** *fitFlow, fitBoost*

**At school:** jump rope, toss and catch balls, pass a ball by kicking (recess), wall sits (standing in line)

**After school:** bicycle (floor exercise), dribble or bounce and catch balls

**Evenings:** walk, jog, or wheel around station with a partner

## PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement
- Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity

## MATERIALS:

- Jump Ropes
- Foam Balls
- Daily Moves Station Cards
- Music

# DAILY MOVES



Scan here for the full PE lesson plan!

## BEFORE THE GAME:

The number one thing you need to know is that moving many times, many ways, and in many places each day makes your body stronger and lights up your brain!

Ask learners to complete the action that goes with the choice they would frequently make.

- It is raining outside. If it is raining you turn on the TV, then sit down. If you do something active indoors, raise your hands high in the air, moving them back and forth.
- You and your friend are hungry for a snack after playing outside. If you grab some candy or soda for a snack, cross your arms over your head. If you grab fruits, vegetables, and water or milk, jump up and down.
- You just got home from school. If you do schoolwork, be still. If you play for a while, move your body! Did I trick you? Did you know that being active helps your brain get ready for schoolwork? It's better to move first, then do schoolwork!

## REFLECTION AFTER THE GAME:

Q: What are some of your favorite ways to move?

A: Assess whether they include different times during the day, not just at PE or recess.

Q: What will you tell your family about move?

A: Move is physical activity. Move many times and many ways during the day.

Q: How will you add movement to your day?

A: Assess learners' examples of physical activity throughout the day. Do they describe the many times and many ways they can be active?

## MODIFICATIONS:

### Younger Learners

- Simplify the stations by assigning a single group exercise to each one, eliminating confusion with choosing different exercises. After completing a full rotation through all the stations, you can then select a new exercise for each station.

### Seated Exercises

- Provide a sensory stress ball or an outlet to complete station individually if the group setting is too overwhelming.
- Use calming music that is not too loud.

Find more modifications at [fit.sanfordhealth.org](https://fit.sanfordhealth.org).

