

week **4**

ACTIVE STUDENTS, ACTIVE MINDS
BONUS ACTIVITY

**Research shows active kids
perform better in school.
Let's get moving!**



To get started, print
this document. Cut along
the gray dotted lines to
make easy-to-use physical
activity cards.

NFL STADIUM GEOGRAPHY

Assume the front of the classroom is the northern part of the USA

- Gallop to the Arizona Cardinals stadium: pretend to kick a field goal 3 times each leg
- Jog to the Philadelphia Eagles stadium: pretend to throw 6 touchdown passes each arm
- Skip to the San Diego Chargers stadium: pretend to punt the ball 3 times each leg
- Walk to the Minnesota Vikings stadium: jump high in the air and catch 6 touchdown passes
- Hop to the Seattle Seahawks stadium: pump your arms up in the air 10 times

TENNIS MOTIONS

- 12 serves
- 10 forehands
- 8 backhands
- 6 volleys
- 4 overhead shots

BASEBALL MOTIONS

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher's position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner

SWIM MOTIONS

- 12 backstrokes
- 12 breaststroke
- 12 butterfly stroke
- 12 freestyle stroke
- 12 side strokes

ANIMALS

- 15 birds flying into the wind
- 12 frogs jumping from lily pad to lily pad
- 9 giddy up on the horse
- 6 swimming from a shark
- 3 running in place from a bear

WEATHER

- 10 earthquake shaking
- 10 jump up volcano erupting
- 10 tornado twisting
- 10 hurricane running into strong wind
- 10 blizzard skiing

DANCE

- 16 Cha Cha (8 each side)
- 12 Grape Vine (6 each side)
- 10 Twist and Shout
- 8 Chicken Dance
- 6 Gangnam Style

YOGA

- Tree pose
- Warrior pose
- Chair pose
- Downward facing dog pose
- Cat cow pose

MULTIPLICATION

- $5 \times 2 =$ Wall push-ups
- $8 \times 1 =$ Bear crawl
- $6 \times 4 =$ Marching in place
- $7 \times 4 =$ Chop down the tree
- $2 \times 9 =$ Walk the tight rope

DIVISION

- $18 \div 2 =$ Hula hoop motions
- $30 \div 2 =$ Shoot baskets
- $26 \div 2 =$ High knees
- $33 \div 3 =$ Paddle a kayak
- $20 \div 2 =$ Glute kicks

ADDITION

- $1 + 4 =$ Washing machine
- $5 + 3 =$ Rake the leaves
- $3 + 6 =$ Star jumps
- $9 + 1 =$ Chair dips
- $2 + 7 =$ High knees

SUBTRACTION

- $7 - 3 =$ Wash the car
- $9 - 2 =$ Seated flutter kicks
- $10 - 4 =$ Hop on one foot, switch
- $8 - 1 =$ Butterfly legs
- $5 - 0 =$ Firework jumps