

IN-CLASS PHYSICAL ACTIVITIES



- Pool noodle workout
- Alphabet fitness
- Yoga exercises
- Simon says game
- Musical chairs
- *BOKS* fitness program
- Create your own dance routine

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- *Go Noodle*
- *Let's Dance*
- Fitness bingo
- 10 sided exercise dice
- Hula-hoop contest
- Desk drumming
- *'Minute To Win It'* challenges
- Heads Up, 7-Up



BRAIN-BASED LEARNING

More Than a Dozen Ways to Build Movement Into Learning

Physical activity that amplifies learning can have a powerful effect on retention and engagement—it's also fun.

By [Stephen Merrill](#), [Sarah Gonser](#)

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Allison Shelley for the Alliance for Excellent Education

When researchers at Texas A&M University gave standing desks to 34 high school students, they discovered that after consistent use, standing while learning delivered a significant boost to students' executive functioning skills—the sorts of cognitive skills that allow kids to manage their time, understand and memorize information, and organize thoughts in writing. Even small amounts of movement,