



75 1 Minute **GetUpAndMove** Activities

To add complexity

- Repeat any activity with head tilted to left, right or with chin down
 - Count out loud by ones, twos, fives, tens, threes or fours
1. Walk heel-toe in straight line
 2. Walk heel-toe in straight line backward
 3. March forward, march backward
 4. March forward clapping R knee with R hand, L knee with L hand
 5. March backward clapping R knee with R hand, L knee with L hand
 6. March forward clapping R knee with L hand, L knee with R hand
 7. March backward clapping R knee with L hand, L knee with R hand
 8. March forward clapping 2 times on R knee with R hand, 2 times on L knee with L hand
 9. March forward touching R elbow to R knee, L elbow with L elbow
 10. March forward touching R elbow to L knee, R elbow with L elbow
 11. March backward touching R elbow to R knee, L elbow with L elbow
 12. Hop in one place
 13. Hop and turn in a circle at the same time
 14. Hop on L foot, hop on R foot down a line
 15. Hop forward, hop backward
 16. Hop in a square
 17. Hop in a circle
 18. Hop in a zigzag pattern, both feet together
 19. Hop forward and backward over a line on the ground from the beginning to the end of the line
 20. Hop on L foot out to L side, hop on R foot out to the other side moving in a forward direction
 21. Wheelbarrow walk with a partner, change positions with your partner
 22. Wheelbarrow walk backwards, change positions with your partner
 23. Pre-skipping- take a step with R foot, hop on R foot, take a step with L foot, hop on L foot, continue
 24. Skip with arms swinging at side
 25. Skip while making scissor arms- arms fully extended in front- R arm going to L side, L arm simultaneously going to R side passing over top the other arm
 26. Walk on tip toes forwards, backwards
 27. Walk on heels forward, backwards
 28. Run backwards
 29. Run sideways
 30. Side shuffle from L to R or R to L. Do not cross feet



31. Lunge- alternate steps while staying in a lunge position. Switch legs. Don't let your knee go past your toes.
32. Lunge while over exaggerating arm movements
33. Side Lunge- lean to the side with one leg in a bent motion, while extending the other leg outward with your foot firmly on the ground. Alternate sides
34. Lay on the floor and make snow angels
35. Pre- jumping jacks- hop up and down in place while spreading arms up and out to the side
36. Pre- jumping jacks- hold arms extended over head- jump to spread legs out and bring them together
37. Jumping Jacks -Alternate between 'Rocketship' (hands up above head and feet together) and 'TeePee' (hands down at side and feet spread wide)
38. Jumping Jacks with kicks- Do 2 jumping jacks, kick up L leg and clap hands under leg, kick up R leg and clap hands under leg
39. Star Jump- Start in a squat position then explode into the air with arms outward above head like a shining star.
40. Crawl around with a bean bag or other object on your back or head and try not to drop it
41. Assume table top position-down on hands and knees, neck and back straight. Lift L arm and R leg try to keep them straight and sing the ABC's, then switch arms and legs and sing ABC's
42. Stand with legs spread wide- touch L foot with R hand then R foot with L hand
43. Walk backwards up and down stairs
44. Walk sideways up and down stairs
45. Hop up stairs, feet together
46. Walk up the stairs with hands touching knees
47. Giant Steps- take two or three steps at a time up the stairs

*Activities 48-56 can be done to the beat of a metronome. Metronome Apps are free to download. Vary the beat to complete the activities from a very slow beat to a medium beat and a fast beat.

48. Repeat this pattern in rhythm- clap hands once, cross arms and clap opposite shoulders twice, clap hands once, cross arms and clap opposite shoulders once.
49. Repeat this pattern in rhythm- stomp L foot, clap, nod head, stomp R foot, clap nod head.
50. Complete this pattern Complete this pattern in rhythm- stomp L foot, clap, point to the ceiling, stomp R foot. Repeat
51. Repeat this pattern in rhythm- snap or clap, touch your nose, point to the ceiling, snap or clap
52. Repeat this pattern in rhythm- clap hands at midline, pat L knee with R hand, clap hands at midline, pat R knee with L hand.
53. Repeat this pattern in rhythm- stand in one place- lift the R foot and touch it with L hand, lift the L foot and touch it with the R hand. lift R knee as if to march and touch it with the L elbow, Lift the L knee as if to march and touch it with the R elbow.
54. Repeat this pattern in rhythm- jump straight up with both feet at the same time, clap, bend over to touch R foot with L hand, clap, bend over to touch L foot with R hand, clap



55. Repeat this pattern in rhythm- pat knees with hands, clap, jump spin all the way around to the right, pat knees with hands, clap, jump spin all the way around to the left
56. Repeat this pattern in rhythm- kick R leg, clap, kick L leg, clap, jump forward, clap

*Activities 57-64 can be done with a small group or whole class

57. Animal Dance- play music, call out an animal, children move like that animal around classroom until the music stops, call out a different animal and start the music. Vary styles and tempo of music.
58. Frog Log Jump- jump like a frog over other children who are rolling toward 'froggie' doing log rolls
59. Human Limbo- two children face each other, extend arms until fingertips touch, other children lean back to walk under the others' arms, try going under like different animals
60. Leap Frog- all the children bend down low to the ground in one line, the last child hops over the whole line and bends down in the front, the last person jumps over until the person who was originally first has jumped
61. Copy Cat- children stand in a circle, one child gets in the middle and does a movement, everyone copies the move, give everyone a turn
62. Backwards Hokey Pokey- children stand in a circle facing away from the center, play the game reaching body parts in from behind
63. Twist and Whisper- leader calls out a category, everyone jump spins to the R and whispers something from the category, on the next turn jump spin to the L
64. Mystery Animal- children get in a circle, one goes to the center and mimics an animal, the others guess which animal it is, when the correct answer is called, everyone pretends to be that animal as well

*Activities 65-75 are animal movements. These can replace walking down the hall. Try them moving forwards, backwards and sideways.

65. Crab Walk- Sit on the floor, bend your knees and put your feet flat on the floor, reach back and put your palms on the floor just behind your bottom, lift your torso off the floor- move forward.
66. Scorpion Walk- assume the crabwalk position have your partner hold your legs while you move
67. Bear Walk, while standing bend knees and put hands on the floor, step with bottom high up in the air
68. Inch Worm Crawl- assume a crawling position with hands and feet on the ground, bottom up. Take 3 'steps' forward with hands (stretching out) then walk up 3 steps with feet (pike-ing up in the middle) repeat
69. Frog Jump-starting in a low squat position, jump with both feet at the same time, land in a squat position



70. Elephant Walk- raise R shoulder to your nose so arm is like a trunk, bend at the waist and take big, slow steps, while swinging the “trunk”, repeat with L arm as the trunk
71. Horse Gallop- step forward with one foot while the trailing foot immediately ‘kicks’ forward to almost touch the back side of the front foot.
72. Hop like a kangaroo taking off on both feet, bending knees slightly, land on both feet together and knees bent
73. Flamingo Walk- keep arms to your sides, knees and thighs together while taking steps.
74. Chimpanzee Walk- bend at the waist and knees, walk with legs far apart and swing your arms
75. Gazelle Run- run taking big exaggerated leaps up in the air.