

Finding Fun in Physical Activity

Try these easy and fun ways to increase the activity level in your classroom.

Laugh your way to physical fitness!

- The hokey pokey
- Follow the leader
- “Simon Says”
- Parades—use instruments or act like animals
- Dancing—have each child create a dance move for everyone to try
- Parachute Play—keep any type of objects on the parachute
- Clapping and stomping to the beat of the music
- Play children's music that encourages movement, participation, dance, and exercise

Brainstorm some fun, creative ideas for your classroom. Write down 2 new ideas that you are willing to try:

1.

2.