



# CLASSROOM ENERGIZER

- Activity:** One Minute Pop Up
- What you Need:** Nothing
- Get Ready:** Start the activity with all students seated at their desks
- The Why:** The purpose of this activity is to promote communication and teamwork amongst students while incorporating movement.
- How to Play:** The objective of the game is for students to work together as a class to count from 1-10. When the teacher says "Go", students will randomly stand up, taking turns, counting from 1-10 in consecutive order. For example, the first student will stand up and shout "one!", and then sit back down. The next student will stand and shout "two!" and sit back down, etc. The catch is that they cannot use words to communicate with one another, and two students cannot stand up and shout a number at the same time. If this happens, the class must start back at one. The game is over (1) at the conclusion of one minute, or (2) when the class counts to 10 consecutively without any misses.  
[LINK to Activity Plan](#)
- Options/Ideas:** If a student is unable to stand-up, modify the activity so that students raise their hands, or adjust to another form of activity that may be suitable. Additionally, give students more time to complete the activity.
- To challenge students, decrease the time, or increase the number that they will count to.
- Keep track of the highest score achieved and challenge class to break it next time!

Activity Contributed by:

Active Academics®

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# CLASSROOM ENERGIZER

Activity: Dance of the Month

What you Need: Screen or Projector

Get Ready: Movements are designed to be performed without moving classroom furniture. Students need a personal space bubble and a positive attitude!

The Why: Develop self-confidence and social awareness as you learn a new dance from around the world.

How to Play: Login in to the Educators' Club on catch.org and select "Dance of the Month" in the February featured content. Invite students to stand up and follow along as they learn cultural context along with fun and easy steps for February's dance of the month: The Charleston!

- [Dance of the Month Link](#)
- [Web Link](#)
- [Video Link](#)

Options/Ideas: Modifications are described in our supplemental resource. ([LINK](#))

Activity Contributed by:

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# CLASSROOM ENERGIZER

Activity: H.Y.P.E. Breakin' it Down Vol. 2

What you Need: Projector or Screen

Get Ready: Students can be sitting or standing with an arms' length distance (or more) between them.

The Why: This 2-minute video will help students develop their physical literacy through easy, and fun, hip hop dance moves. Suitable for all ages and abilities

How to Play: [Follow this LINK](#) and get ready to move!

Options/Ideas: Follow this [LINK](#) for more videos - H.Y.P.E. Breakin' It Down - Volume 2

All videos include seated modifications and varying levels of intensity so everyone can participate.

Activity Contributed by:

Hip Hop Public Health

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# CLASSROOM ENERGIZER

- Activity:** 0 to 60
- What you Need:** TV/Projector
- Get Ready:** Students stand next to their desks
- The Why:** A fun and easy energizer activity to gets kids moving.
- How to Play:** Follow along to the video. ([VIDEO LINK](#))
- Options/Ideas:** The video shows seated options for the exercises.

**Activity Contributed by:**

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# CLASSROOM ENERGIZER

- Activity:** Alphabet Hide & Seek
- What you Need:** Sticky Notes
- Get Ready:** Write each letter of the alphabet on individual sticky notes and place them on the floor in a specified room or area.
- The Why:** Create more movement in the classroom by having students run to each letter of the alphabet.
- How to Play:** Have students move to each letter.
- [Blog Link with Activity Plan](#)
- Options/Ideas:** Give the sound of the letter  
Give a word that starts with that letter  
Call out a letter you want them to run to  
If the weather permits, you can easily do this outside with some chalk! Another variation of this activity would be to give your students a piece of chalk and write a word next to the letter they run to.

Activity Contributed by:

Moving Minds by Gopher

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# CLASSROOM ENERGIZER

Activity: Animal Movements

What you Need: Nothing

Get Ready: Have students spread out in an open area.

The Why: Students move like animals

How to Play: Call out an animal and have your students mimic its movement.

For example, if you call out "frog," your students would jump on all fours like a frog. To make this more educational, have your students mimic the animal and shout out a fun fact about the animal.

Other animals – Bear, crab, gorilla, bunny, inch-worm, alligator, seal, dinosaur, duck

[Blog Link with Activity Plan](#)

Options/Ideas: Allow students the opportunity to choose their favorite animal to mimic.

Activity Contributed by:

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