



CLASSROOM ENERGIZER

Activity: Airplane

What you Need: Nothing

Get Ready: Students will stand up and spread out throughout the classroom

The Why: To get students moving and refueled!

How to Play: Students start in a standing position, and you will say "Airplanes, Start Your Engines." The students are to make an airplane noise and put their arms out like wings. You then say, "Airplanes, Fly." The students then move around in the general space (without bumping into each other) to the movement of your choice. The movement can vary: bear walks, skipping, hopping, jumping, skipping, bunny hop, hopping on one foot, etc. You can get as creative as you want. Be sure to emphasize safety. When you say, "Airplanes Refuel," the students must freeze and do an exercise to "fuel up their tanks". You can choose the exercise. Repeat as many times as you'd like. When you are done, the students will literally be refueled and ready to learn!

Options/Ideas: The activity is featured in [this blog post](#) along with others.

Activity Contributed by:

S&S Worldwide

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CLASSROOM ENERGIZER

- Activity:** Energize in 5, 4, 3, 2, 1
- What you Need:** Nothing
- Get Ready:** If indoors have students clear the space around them (i.e push-in desk chairs). If outdoors, students spread out.
- The Why:** Get your heart pumping and brain activated for learning!
- How to Play:** Get hearts pumping with a quick sequence of exercises. Call out 5 actions for your students to do as quickly as they can. For instance, 5 jumping jacks, 4 butt kicks, 3 arm circles, 2 frog jumps, 1 tree pose. Then, call on 5 different students to each pick a move to repeat the activity. Emphasize good technique.
- Options/Ideas:** Teachers can write the exercises/movements on the board and should demo each one before starting. They can also provide alternative moves for kids with limited mobility.
Have students generate the list of movements.
- Additional resource – www.marathonkids.org/connect

Activity Contributed by:

Marathon Kids

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CLASSROOM ENERGIZER

- Activity:** Spell your Name Fitness
- What you Need:** Print copies of the name cards ([LINK](#)); one per group.
- Get Ready:** Students can do in their classroom in their own safe space or beside their desk.
- The Why:** Brain Boost
- How to Play:** Follow the video ([LINK](#))
- Options/Ideas:** Save paper! Project the name card key onto a screen.

Activity Contributed by:

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CLASSROOM ENERGIZER

Activity: FUTP 60's In Class Physical Activity
"Dance Walking"

What you Need: Computer and screen

Get Ready: Access this [Video LINK](#)

The Why: Dance walking is a fun and active way for the class to move from location to location.

How to Play: The teacher shows the video and demonstrates how to lead the class with a dance walk. Randomly select students to be the leaders.

Options/Ideas: Check out more activities at www.fueluptoplay60.com

Activity Contributed by:

GENYOUTH + FUTP 60

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CLASSROOM ENERGIZER

- Activity:** Mindful Scarves
- What you Need:** 1 juggling scarf or plastic grocery bag per student
- Get Ready:** Students standing in personal space around the classroom.
- The Why:** Students will use juggling scarves to practice being mindful (or in the present moment) as a strategy for when they might be feeling strong or complex emotions.
- How to Play:** Excerpt from health. moves. minds. Mindful Scarves mini-lesson:
- Lead a discussion on the various types of feelings a person might have (e.g., scared, mad, sad, happy, excited, nervous, worried, overwhelmed). Explain to students that it is normal to feel a variety of feelings and sometimes some feelings will be more intense, or stronger, than other feelings. A part of being healthy is learning how to manage feelings in healthy ways. Today students will practice being mindful as a way to help manage big feelings. Be sure to communicate/connect the SEL competency of self-management along with its sub-competencies with students.
- Example script: "We've been talking about all the different feelings we might feel. Sometimes certain feelings might feel stronger than other feelings and that's okay. What we are doing in PE class is learning different tools we can use when we might have some of these big feelings. Feelings are normal and healthy and all of them are okay, we just want to make sure we do healthy things when we have big feelings. Today we are going to use our scarves to practice being mindful. That means we are going to pay full attention while we use our scarves and we're taking our time, and we are focused and relaxed while we use the scarves."



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Lead students through the following activities:

- Take one of the juggling scarves and hold it out in front of you above your head. Let go of the scarf and watch it fall. What do you notice about the scarf as it falls? How does it seem to be falling?
- Now take all three of your juggling scarves and do the same thing. What do you notice now? Which scarf hit the ground first? How are the scarves falling?
- Take a juggling scarf and rub it between your hands. What does it feel like? What does it sound like?
- Take the juggling scarf and gently rub it against the back of your hand. What does it feel like? Does it tickle? Is it itchy?
- Slowing down to notice things you normally wouldn't pay attention to about an object is one way of practicing being mindful. It allows us to be in the present moment and not think about things that have already happened or things that might happen in the future.

[LINK to Resource](#)

Options/Ideas:

- Allow students to choose different ways they can use the scarves to practice mindfulness.
- Break each step down for students who may only be able to process one step at a time.
- Provide students with pictures, dramatic actions, or a video demonstration.
- Students without the lung capacity to take controlled deep breaths may do a slow repetitive movement with their hand or foot as a method to control the emotions and improve focus.
- Allow students to move the scarf as they breathe, but not actually breathe onto the scarf.
- Play calming music with the lights dimmed.

Activity Contributed by:

SHAPE America

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CLASSROOM ENERGIZER

- Activity:** Counting by Tens Train
- What you Need:** Pencils
- Get Ready:** Students should stand up and have room to run in place and move their arms.
- The Why:** Students move while counting by 10s to 100.
- How to Play:** Students move their arms in circles like train wheels as they run in place and count by 10s to 100.
- Options/Ideas:** Students without use of their arms can do the activity by running in place. Students without use of their legs can move their arms only. Students can also do another movement as they count by 10s.

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