



# CLASSROOM ENERGIZER

- Activity:** Balance Challenge
- What you Need:** Computer, SMART board or projector, video link
- Get Ready:** Students remain in their desk/table space
- The Why:** Improve focus through targeted movement to prepare students for learning.
- How to Play:** Follow along with video instruction.  
➤ [Video Link](#)  
➤ [Lesson Plan](#)
- Options/Ideas:** Students can support themselves with one or two hands as they practice their balance. Students can keep their eyes open during all balance practice.

**Activity Contributed by:**

Chief Movement Officer Cadre  
Focused Fitness

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# CLASSROOM ENERGIZER

- Activity:** Pointers
- What you Need:** Computer, SMART board or projector, video link
- Get Ready:** Students stand or remain seated at their desk space.
- The Why:** Improve focus through targeted movement to prepare students for learning.
- How to Play:** Follow along with video instruction.
  - [Video Link](#)
  - [Lesson Plan](#)
- Options/Ideas:** Students can move at a slow pace to practice 'pointers'

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# CLASSROOM ENERGIZER

- Activity:** Alphabet Relay
- What you Need:** Nothing
- Get Ready:** Assign students to teams (teammates should be in close proximity to one another). Students should be standing beside or behind their desks with room to perform a jumping jack. Teammates decide who will be first, second, third, etc.
- The Why:** Connect spelling and word associations from A to Z while working in teams.
- How to Play:** On "Go", student number one from each team performs 3 jumping jacks and then shouts out a word that starts with the letter A. Then, student number two from each team completes three jumping jacks and shouts out a word that starts with the letter B. Student three, three jumping jacks, then a word for letter C. Students continue to rotate through team members, performing jumping jacks and saying words A through Z. The first team to finish wins! Try different categories, for example, fruits and vegetables, state capitols, verbs, etc to integrate cross curricular content. ([LINK](#))
- Options/Ideas:** In place of jumping jacks, students can jump a virtual rope, or they can remain seated and perform movements with just their upper body. Silent or spelling version - have students perform the jumping jack and then write their word, the team passes word list around, each adding to it when it is their turn.

Activity Contributed by:

PowerUp Your School

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# CLASSROOM ENERGIZER

- Activity:** Rock, Paper, Scissors Fast Feet Challenge
- What you Need:** Nothing
- Get Ready:** Pair students up with a partner.
- The Why:** Try to see if you can beat your opponent with Rock, Paper, Scissors Fast Feet Style
- How to Play:** Rock-Paper- Scissors - Students pair up and play rock-paper- scissors using their feet. While they are saying "Rock, Paper, Scissors, Go!", they jump in place. If they choose "Rock" they jump one more time and land with both feet together. If they choose "Paper" they jump and land with feet wide apart (horizontally). If they choose "Scissors", they jump and land with feet crossed (one foot in front of the other). Students play best 2 out of 3 and then find a new partner until the song is over.
- Options/ Ideas:** Students play RPS using just their mouths. Rock = mouth opened wide. Paper = lips pursed together. Scissors = mouth open wide with teeth clenched. Students nod their head 3x's then show.

Activity Contributed by:

Soaring Heights PK-8

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# CLASSROOM ENERGIZER

Activity: Lower Body Workout

What you Need: Projector or Screen

Get Ready: This is a [video](#) that can be played in front of a class for in-person learning and/or shared with students for at-home use. Students should be spaced about 6-8 feet apart to avoid collisions during lateral movement.

The Why: Strengthen lower body and improve balance.

How to Play: Play [video](#) and have students follow along.

Options/Ideas:

Activity Contributed by:

Fit Kids

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# CLASSROOM ENERGIZER

- Activity:** Breathing Exercises  
with the U.S. Soccer Foundation Team
- What you Need:** Projector or Screen
- Get Ready:** Students may be standing by their desk or sitting on a chair or on the floor.
- The Why:** These deep breathing exercises aim to reduce stress, lower heart rate, and find a sense of calm.
- How to Play:** Students will watch the breathing exercises demonstrated in the video and choose which exercises are best for themselves. Once they have practiced a few times, students can perform these deep breathing exercises whenever they feel overwhelmed and need to hit the reset button at school or at home. ([Video LINK](#))
- Options/Ideas:** The breathing exercises demonstrated allow for students to choose which exercise best suits their needs and abilities.

Activity Contributed by:

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