



# CLASSROOM ENERGIZER

- Activity:** Super Chicken
- What you Need:** Nothing
- Get Ready:** Have students stand behind their chairs and put all backpacks and materials under their seat
- The Why:** To become an immortal chicken.
- How to Play:** Review normal rock-paper-scissors (rock beats scissors; paper beats rock; scissors beat paper). "Rock-Paper-Scissors-SHOW"
- Demonstrate the full body movements (rock = crouch and hug knees, paper = spread arms and legs as wide as possible, scissors = one leg forward one leg back, one arm forward one arm back). Check for understanding by having students perform each movement
- Demonstrate chicken (chicken wings like in the chicken dance), super chicken (arms forward like superman/woman), and immortal chicken movement (arms up to the sky like you're immortal). Check for understanding by having students perform each movement.
- Explain basic rules of the game. Everyone starts as a chicken and challenges someone to full body rock, paper, scissors. Whoever wins moves up a level toward immortal chicken; whoever loses moves down a level. Once immortal, students do not move down a level even if they lose. Continue playing the game until everyone is an immortal chicken.
- Options/Ideas:** Students unable to do full body movements can do traditional rock paper scissors.

**Activity Contributed by:**

University of Northern Colorado Active  
Schools Institute

Brian Dauenhauer

[brian.dauenhauer@unco.edu](mailto:brian.dauenhauer@unco.edu)



# CLASSROOM ENERGIZER

- Activity:** Bowl and Bound
- What you Need:** Crumpled paper, bean bag, soft ball, or other slidable object
- Get Ready:** An open space is needed to play this activity. Divide students into groups of 4–6. Within each group, choose half of the students to be “sliders” and the other half of the students to be “jumpers.”
- The Why:** In this activity, there are 2 groups: “sliders” and “jumpers.” The sliders will try to slide or roll their object (paper, bean bag, etc.) and hit the jumpers’ feet. The jumpers will utilize a 2-legged jump to jump over the sliding objects. Sliders may keep track of their score: one point for each time their object hits the feet of a jumper.
- How to Play:** Position the sliders on either side of the jumpers, and provide a boundary (e.g. a line of tape on the floor or an imaginary line between two objects) to divide the sliders’ space from the jumpers’ space. On “go” the sliders begin SLIDING/ROLLING their objects to try to hit the feet of the jumpers. This will continue for about 60 seconds, at which time, students will switch roles. Each students keeps track of their own score. Play as many rounds as you’d like!
- Options/Ideas:** Progressions:  
1. Sliders are positioned in a circle around the jumpers.  
2. Each slider has multiple objects for sliding.  
3. Jumpers balance and jump on only one leg

Activity Contributed by:

Athlos Movement & Character Program

Michael Jennings

[mjennings@athlos.org](mailto:mjennings@athlos.org)



# CLASSROOM ENERGIZER

Activity: Silent Speed Ball

What you Need: One or more balls

Get Ready: Students form a circle

The Why: Practice throwing skills and a fun brain break!

How to Play: First, students make a circle. They can play either sitting or standing. You start with one ball. The students have to pass the ball across the circle to another student. The goal is to complete as many passes as possible. Students cannot talk during the game. If a student talks, the trial is over. The trial is also over if a pass is wild, or incomplete. Use a soft ball that is easy to catch (ie. fleece balls or foam balls). The teacher can choose whether or not to set a limit on the amount of time a student can hold the ball before passing.

Options/Ideas: Keep track of the class record. Each time you play, challenge the class to beat their record. You can form smaller circles with less students, and for an added challenge add in more balls to pass. This activity is featured in [this blog post](#) along with a few other activities.

Activity Contributed by:

S&S Worldwide

Chelsea Brown

[cbrown@ssww.com](mailto:cbrown@ssww.com)



# CLASSROOM ENERGIZER

- Activity:** fit Field Day: An Inclusive Workout for Kids
- What you Need:** Computer or Tablet
- Get Ready:** Students may be sitting or standing.
- The Why:** Provide kids with an energizing activity that can be done sitting or standing and viewed in either English or Spanish.
- How to Play:** Kids can follow along with the virtual field day in a classroom or any activity area.  
➤ [Video LINK](#)
- Options/Ideas:** The video presents both standing and sitting options for kids as they progress through virtual field day activities.

Activity Contributed by:

Sanford fit

Donna Hardie

[Donna.Hardie@sanfordhealth.org](mailto:Donna.Hardie@sanfordhealth.org)



# 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®

Olivia Mackey

ojm000@dmix.wvu.edu



# 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:

CATCH Global Foundation

Margot Toppen

[margot@catch.org](mailto:margot@catch.org)





# 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

Lindsey Harr

[lindsey@dnhph.org](mailto:lindsey@dnhph.org)



# 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:**

National Center on Health Physical  
Activity and Disability (NCHPAD)

Alex Martinez

[alexma@lakeshore.org](mailto:alexma@lakeshore.org)





# 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

Simone Steiskal

simonesteiskal@gophersport.com



# 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:

Moving Minds by Gopher Sport

Simone Steiskal

simonesteiskal@gophersport.com



# 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

Chelsea Brown

[cbrown@ssww.com](mailto:cbrown@ssww.com)



# 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](http://www.marathonkids.org/connect)

Activity Contributed by:

Marathon Kids

Anna Kilarski

[anna@marathonkids.org](mailto:anna@marathonkids.org)



# 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:

School Specialty/Sportime

Mike Smith  
Brittany Govednik

[mike.smith@schoolsspecialty.com](mailto:mike.smith@schoolsspecialty.com)  
[brittany.govednik@schoolsspecialty.com](mailto:brittany.govednik@schoolsspecialty.com)



# 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](http://www.fueluptoplay60.com)

Activity Contributed by:

GENYOUTH + FUTP 60

Lauren Izzo

[lauren.izzo@genyouthnow.org](mailto:lauren.izzo@genyouthnow.org)



# 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."





# CLASSROOM ENERGIZER

Page 2

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

Michelle Carter

[mccarter@shapeamerica.org](mailto:mccarter@shapeamerica.org)



# 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.

Activity Contributed by:

ActiveEd/Walkabouts

Jennifer Weaver-Spencer

[jennifer@activedinc.com](mailto:jennifer@activedinc.com)



# 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

Amy Riggio

[amy.riggio@lps.org](mailto:amy.riggio@lps.org)



# 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'

**Activity Contributed by:**

Chief Movement Officer Cadre  
Focused Fitness

Amy Riggio

[amy.riggio@lcp.org](mailto:amy.riggio@lcp.org)



# 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

Stacy Baugues

stacy@powerupfitness.net



# 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

Tanya Peal

peal\_tanya@svvsd.org



# 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

David Jacobson

[david@fitkids.org](mailto:david@fitkids.org)





# 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:

U.S. Soccer Foundation

Jenny Herold

[jherold@ussoccerfoundation.org](mailto:jherold@ussoccerfoundation.org)