



Movement Games Handout

Movement Box Ideas

- 10 high knees
- Hop on 1 foot for 10 seconds
- 10 arm circles
- Run in place for 10 seconds
- 10 jumping jacks
- 5 push ups

Card Activity Ideas

- Kings=Kick Legs
- Queens=Quick Feet
- Jacks=Jumping Jacks
- Aces=Arm Circles
- 2=Your Choice!

Dice Activity Ideas

- 2=High Knees
- 3=Run in Place
- 4=Balance on 1 Foot
- 5=Push Ups
- 6=Jumping Jacks
- 7=Take a Break
- 8=Mountain Climbers
- 9=Lunges
- 10=Hop on 1 Foot
- 11=High Jumps
- 12=Your Choice!

Animal Walks Ideas

- Bear
- Frog
- Octopus
- Bird
- Dog
- Crab
- Dinosaur
- Snake
- Cat