

Move-It, Move-It

Course Objective: To develop skills in agility, balance, reaction time and speed through fun games and drills. This class will not focus on specific sports but skills needed for all sports and health. Students will be encouraged to perform and log four 15 Move-It minutes a day of activity outside of class.



Grades: 1st – 5th

Week one: Overview of Move-It minutes, Ladder tag, Knockdown, Monkey Race, To Pump or Not to Pump, Drop and catch

Week two: Jump Rope Games (wear clothes that can get wet), Leaning Tower of Pisa, Steal a Ball, Bat drop

Week three: Triplets, Stay Out of the River, Tag Races, Circle Catch

Week four: The Whistle, Bean Bag Balance, Circle Tag, Color Scarves

Week five: Circle Run, Partner Stand Up, Team Standup, Run-outs , Balloon Keep Up

Week six: Speed Bumps, Hoops Loops, Hoop Push, Run-ins, Circle Toss

Week seven: Double Trouble, 1,2,3 Sit, Stay Out of the River, Circle Drop, Wall Ball

Week eight: Favorite Games and Activities

Week nine: More Favorites and Awards for Move-It Minutes

Requirements: Jump rope, \$ 10, good sportsmanship, and lots of energy!