

## List of Classroom Movement Activities/Initiatives:

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Feel free to call me if you need details on any of below activities.

1. Get rid of desks, pad the floor, use exercise balls to sit, and setup stations for jump ropes, agility. **Get the heart rate going.** Use your imagination/safety first.
2. Design a **classroom with spin bikes & treadmills** and teach/design lesson plans with students walking/biking at a moderate pace with heart rate monitors.
3. **Relay races** with academic rigor (essential learning's of course): setup questions and have student teams rotate members to run up to board and write answer.
4. Play **charades** as icebreaker
5. **Toss balls in circle** for name recognition/add soft balls or objects for more fun.
6. Setup **stations** with physical activity (jump rope, juggling, adventure ed initiative, wobble board, hand weights, stability ball, etc...)
7. **Cup Stacking/Speed stacks** (Cross lateralization)
8. **Hula Hooping Competition**
9. Play everyone is "it" **freeze tag**: involves students running around trying to tag each other. If they tag each other at same time, no one is "it". Add variations for more movement.
10. Use **acting or skits** to demonstrate learning (act out the harmful effects of smoking). Make a video.
11. **Musical Chairs**
12. **Jumping Jacks (and) team jumping jacks** – non verbal except #1, must start and finish together on designated teacher number.
13. **4 square in room**
14. **Volleyball in class** (use beach ball and clothesline). With large group, make rule that student can only hit it two times until everyone has hit it on each team
15. **Juggling** (various soft objects)
16. **Hopscotch in room**
17. **Scavenger Hunt** (relate it to curriculum)
18. **Standing Frisbee Review** (soft Frisbees): throw soft frisbee around and give learning ideas on each throw.
19. **Stretching Routine**: ballistic and statics
20. **Walk around the room** (zig zag, backwards, skip, walking lunge, etc...)
21. **Line Dancing**
22. **Jump Rope**: have competitions to music.
23. **Tarp Sequence** (magic carpet – 5-6 people stand on 5x8 tarp and need to turn it over without touching floor, turn it over: 5-6 people hold a tarp with one hand and need to turn it over w/out letting go (use timer for goal setting), hacky sack "old school" parachute: have students bounce hacky sack on tarp and count the number. Set goals on # of times.
24. **Circle of Confidence**: measure student knowledge on ELO's by circling up and walking in to center based on confidence of a concept. If a student has it, walk to center. Knows some, halfway to center. Doesn't get it, stays on edge of circle.

25. **Would you rather (jumps)?**: Have students jump right for the 1<sup>st</sup> and left for the 2<sup>nd</sup>. They must declare. Random questions & list can be found on internet: Example questions:

Would you rather always take a cold shower or sleep an hour less than you need to be fully rested? always get first dibs or the last laugh? give up your computer forever or Tv forever?

26. Great resource: **Silver Bullets, Cowstails Cobras II** (Karl Rhonke books)

27. **Lineups for Groupings** (birthday, shoe size, length of hair, # of years in school district, # of hrs they watch tv per day , etc...) Verbal or Nonverbal as an initiative

**28. Stand up when you are done.**

**29. Noodle Tag**

30. **39 steps**: Partners. Have each person think of a number (silently). Share number, add them together and jump up and down holding hands to that number.

31. Smith Circles

**32. Hula Hoop Initiative**

**33. Toe Tag: Partners try to touch each others shoes. After 3 tags, switch partners. Do not stomp on each others shoes.**

34. **Moonball**: for the group to hit the ball aloft as many times as possible (or to a predetermined goal) before the ball touches the ground.

35. **Blindfold Square** – blindfolds on students holding rope in circle. Give instructions when blindfolds are on to form a square, then look. Diamond, triangle, and then look.

**38. Partner Stretches**

Stretch

Needs/Numbers: No props, any even number of people

Directions: Find a partner...someone you don't know very well. Quickly introduce yourself to your partner and stand side by side.

Head rolls: Relax your shoulders. Slowly and gently roll your head around clockwise. Be careful not to hyper-extend your head back. Now, switch directions and roll your head counter clockwise. Try not to fall down.

Side Stretch: Stand side by side with your partner. Place your hand on your partner's closest shoulder. While both facing forward, reach your outside hand upward and try to touch your partner's outside hand. Now bring your outside hands back down and reach down to touch the lowest point on your outside leg. (Repeat) Switch sides with your partner and repeats the steps above.

Facing Stretch: Stand facing your partner. Place your hands on their shoulders (not around their neck!) Slowly bend at the waist and lower your head to form a table top with your upper body. Feel the stretch in the back and back of your arms. Slowly straighten up to your original position.

Quad Stretch: Stand side by side with your partner. Place your hand on your partner's closest shoulder. While both facing forward, bring your outside foot up behind you and grab your foot. Use your partner for balance. Slowly pull your foot upwards and lean forward slowly. Straighten up and release your foot. (Repeat) Switch sides with your partner and repeat the steps above.

Abs, Back, and Legs Stretch: Stand back to back with your partner, then take a half step forward. Spread your feet should width apart. Slowly reach your hands over your head and try to touch the fingers of your partner. Now slowly reach down through your legs and try to touch your partner's fingers. (Repeat)

### **39. Where in the World**

Ice Breakers

Needs/Numbers: A nice large area to play, 20+ players

Directions: Determine, with your group, the area on the floor or ground you will be using for your State, US, or Global map ^set up the boundaries and the directions ^ North, South,... The leader will then call out a statement and the job of each player will be to go to the place on the map that will make the statement true for that person. When you get there, notice who is around you and find out from them where they are and any other information you can about them before the next statement is called out. Here are several examples: Where were you born? Where is your favorite place to visit and relax? Where is your favorite place for adventure? Where does your closest (to your heart) relative live? Create questions that work with your group. Play the game as long as the interactions are engaging.

### **40. SWITCH, CHANGE, ROTATE**

Warm Up

Needs/Numbers: No props needed, 3 to 60+

Directions: Ask your player to get into groups of 3 or 4 and stand in a line facing in the same directions, one behind the other. When you say Switch, the front and back players change places ^ practice. When you say Change, the line of players turn 180 degrees to face the opposite direction ^ practice. When you say Rotate, the player at the front of the line peels off and goes to the back of the line ^ practice. Spend a little time practicing while the groups are stationary. Then, ask the groups to start walking around the room (boundary area) in their line formation ^ the head of the line being the leader. Now, call Switch, Change and Rotate as the groups are walking around. (If you have some music to play during the activity it gives the group some beat to walk to)

### **41. STEERING IN TWOS**

Trust

Needs/Numbers: No props needed, 2 to 50+ players ^ you'll need an even number of players

Directions: Pair up all the players and have them face each other. Ask the pairs to place their hands on each other's shoulders. Each pair will need to choose who will close their eyes first. (Safety!) The pairs will then walk in the direction that the sighted player is facing ^ the player with his or eyes close will be walking backwards. The objective is for the pairs to move about the room without bumping into anything or anyone. When the facilitator calls "Switch", have partner change roles. Add music for more fun. Don't forget to stop any misbehavior.

### **42. THE CAPTAIN IS COMING**

Icebreaker/Energizer

Needs/Numbers: No props, 20+ players

Directions: The facilitator plays the role of the captain and is the person who calls out the orders. The following order are several actions that the group does during the game depending on what the captain calls out:

“The captain is coming”: Everyone stands at attention and salutes the captain

“Swab the deck”: Everyone acts like they are mopping the floor

“Lighthouse”: Everyone gets into pairs and. They stand facing each other, then turn in a circle while saying “boop, boop, boop”

“Man Overboard”: Everyone gets into groups of three. Two people hold hands to form a circle while the third person stand in the circle looking for the man overboard

“Row ashore”: Everyone gets into groups of four. They line up single file and act like they are rowing a boat together.

“Grub time”: Everyone gets into groups of five. They stand in a tight huddle and act like they are spooning food into their mouths while quickly saying “grub, grub, grub”

For people who cannot get into a group during the game, they must “walk the plank”. These people walk over to a designated area and sing a pirate song.

“Oheeh, a pirates life for me” (Repeat over and over)

The game is over when all but 2 have “walked the plank”.

#### 43. **6-COUNT**

Ice Breaker

Needs/Numbers: No props, any number of players

Directions: Does anyone know how to do a 6-count. It goes 1,2,3,4,5,6. Count from 1 to 6 with everyone at the same time. (Do it again with “feeling”) Put movement to the count by raising your left hand above your head and down to your side. Your hand should go up on 1,3,5 and down on 2,4,6. (Repeat with feeling) Give your left arm a rest and let’s give a moment to your right arms. It goes up on 1, straight out to the side on 2, down on 3, up on 4, straight out to the side on 5, and down on 6. It makes the shape of a triangle. (Repeat with feeling) Now as if you hadn’t guessed, we will put both the arm actions together with the count. Your left arms still goes up and down while your right arms goes up and out. (You may go slow at first, don’t expect many people to get right the first time)

#### 44. **AH-SO-KO**

Ice Breakers

Needs/Numbers: No props needed, 8 to 16 players

Directions: The game is played just like Ah-So-Ko in FUNN Stuff, Vol. 1, by Karl Rohnke. In brief ^ sitting (or standing) in a circle, players use three motions in order. The first is hand open on the chest fingers pointing to the left or right. Second motion is an open hand on the head fingers pointing to the left or the right. Third motion is arm out hand open fingers pointing. After making the motion the player must say the name of the person the fingers are pointing to. That person then makes the next motion saying the name of the person pointing to, that person points to anyone in the circle and says his or her name. The game continues with the first motion again. If a player makes a mistake, he or

she must find a new place in the circle and start the game again with the first motion. This game is meant to be played with gusto!

#### 45. **ZIP, ZAP, ZOE**; variation Speedy Rabbit

De-Inhibitizer

Needs/Numbers: No Props needed, 10 to 50 players in a circle

Directions: Ask your group to form a large circle. Ask for one volunteer for every 8 players in the group to step into the middle of the circle. The center players are acting independently of each other and move around the inside of the circle, “Zip”ping players who are forming the circle. If an inner player points to nay player who is forming the circle and say “Zip” that player should duck down quickly and the players on both sides of the ducker try to turn towards each other, point a finger at each other and say “Zap” as quickly as possible. The last player to point and Zap the other takes the place of the inner player who started this whole thing. The inner player will determine who was last and takes that player’s place as part of the circle. If the player pointed to doesn’t duck down, the players on either side turn and Zap the unDucker who then switches places with the inner pointer. An inner player can also point to someone of the circle and say “Zoe”. The player pointed to should freeze ^ making no motion at all. If this “pointed to” player makes a move to duck; he or she switched places with the pointer. The game is meant to be fast paced and active.

#### 46. **MONTH BY MONTH**

Initiative

Needs/Numbers: No props, 20+ players

Directions: Ask the players in your group, standing or sitting, to raise their hand when you call out their birth month. Then call out each month again in order and have the players respond with energy to the month they where born. “Challenge the verbally assembled monthly groups to see how quickly they can vocally get from January to December” (Rohnke, p. 99). Time the first trial for the benchmark, then see if the group can break their own record. It will be up to you whether you let them move around or not. Try starting with July and ending with June!

#### 47. **Quick-Line Up**

Energizer

Need/Numbers: No props, 15+ players

Directions: First have the group form the best circle they can around you (applaud, YAY!), then have them form the best square they can; ask them, “what makes a square” 4 corners, equal sides, etc. once they have completed task, (celebrate! YAY!) Now, once they have formed a square, and everyone is on a side (there shouldn’t be any corners) have them take one step back, then, explain that you have temporarily broken them into 4 teams, and that each team is responsible for a side of you (front, right, left, and back)

NOTE: from this point on it is important that you don’t turn your body too much, it can confuse people. Explain to them that you will begin moving (either to right or left) the objective is for each team to find their side. **DO A SLOW MOTION ROUND, ALSO BE PRICISE WITH YOUR MOVEMENT**, then once everyone understands, explain the rules. The object of the game is to find your teams side

first, once you find your side, you grab your teammates hands, raise them up, and the first team to yell quick line up wins that round. **PRACTICE RAISING HANDS AND YELLING QUICK LINE UP AS A GROUP.**

The rules: players can not hold hands or clothing while finding their side, also they can not yell "Quick-Line Up" until they find their side and all of their team is there. Watch out for running, make them speed walk. Do 2 rounds of just quarter turns, then one round of a 180 degree turn, and then, for the last round. you can run off a short distance and have the group chase.

#### **48. The Trust Run:**

Two people stand holding hands on one side of the room. Another person is about 25 yards away and closes his/her eyes and starts jogging towards the pair holding hands. Everyone watching must cheer the jogger on so that he/she doesn't slow to a walk. The two people holding hands must catch the jogger.

Moral of the game:

The jogger will always slow down if he or she feels that no one is supporting them. But because the audience cheers them on, they will continue no matter how scared they are.

#### **49. Fingertip Hula Hoop:**

In groups of around four, have students all put the tips of two (fingers of each hand) under the hula hoop. The object is for the group to be able to lower the hoop to the ground without anyones fingertips coming off. Their fingertips **MUST** be in contact with the hoop at all times. To make this even more challenging, you can have the students try it **WITHOUT ALLOWING ANY TALKING**. This activity takes a lot of team work and cooperation. It is also a lot of fun for the kids.

#### **50. Tiger, Martian, Salesman:**

All Teambuilders use this game. You get in groups of three, turn your backs to each other and on the count of three, you turn around and act out either a Tiger, a Martian, or a Salesman. The object is to match your team, so all three get the same thing.

Moral of the game:

Sometime to achieve your goal, you may have to put your idea to the side. You must think what's best for the team in order to achieve the goal. And once the goal is achieved, and your team celebrates, are you really sulking over the fact that you had to let your idea go?

#### **51. Similarities and Differences**

Are you more like summer or winter? a station wagon or a sports car? etc.

#### **Similarity Charades**

Divide into smaller groups. Each group discusses their similarities and acts out for other group to guess.

#### **52. Group Jump-Rope**

Given long piece of rope, group tries to jump rope simultaneously (again, easier to start with simple task - one or two people - and work up to larger goal gradually)

#### **53. Human Knot**

Each person grabs hands with two different people across a circle. Group works

to untangle itself. (leadership, everyone important). Only grab hands for fingers, take off all jewelry.

54. **Brain Breaks** (puzzles across the room, bounce a ball, stand on balance board, any activity)

55. **Appointment Clocks** (see example attached) – based on terms, clock numbers, seasons, etc...) Have students get up and meet with appointment and walk and talk around room on a concept of your choice.

56. **Gallery Walk:** students explore multiple texts or images that are placed around the room. Teachers often use this strategy as a way to have students share their work with peers, examine multiple historical documents, or respond to a collection of quotations. Because this strategy requires students to physically move around the room, it can be especially engaging to kinesthetic learners.

57. **Groups in Front** (Purple, Gold, White, etc...) The group comes up to room and teacher throws a ball to them asking them concepts (essential learning's).

58. **Slapcount** (Math) Partner #1 starts by gently slapping his/her right hand into the right palm of partner #2 and then the left hand into the partner #2's left palm, keeping a steady beat. Then partner #2 slaps the right then left palms of partner #1. Say "1-2-3-4, etc." Count out loud in rhythm 1-25.

Now skip count using the same right-left-right-left slap pattern counting by 3's then 6's, 9's, etc. (Multiplication tables). Challenge yourself by skip counting any number.

Variations: SPELLING: Partner #1 slaps his/her name 2 letters at a time into the palms of partner #2 and partner #2 spells his/her name 2 letters at a time into the palms of partner #1 using the same slapping pattern as before. Notice how much harder your brain has to work to not think about what your partner is spelling.

Variation: Each partner thinks of a spelling word but doesn't tell his/her partner what it is. Using the same slap pattern, each partner slaps out his/her word. When finished, partner #1 has to try to tell partner #2 his/her word, and vice versa.

59. **Gotcha:** Have everyone stand in a circle. Have them take their right index finger and place it on the left palm of the person standing to their right (everyone should put out their left palm). Use music and stop it, then they should try to catch finger. (or) when the facilitator says gotcha you try to lift your finger up before the person whose palm it is on grabs it while also trying to grab the person whose finger is on your palm.

60. **"Take a Stand"**- True- walk to this side of room; False- walk to that side of room.

61. **"Pick your Spot."** Have colored signs around room. If you think answer is \_\_\_\_\_ walk to \_\_\_\_\_ colored spot. If you think answer is \_\_\_\_\_ walk to \_\_\_\_\_ colored spot. Etc.

62. Have signs around room labeled **"I know this"** "I know something about this" and "I don't know this." As a pretest or review, ask questions about a topic and have students move to designated area.

63. If you agree/disagree with this statement, **stand up and switch seats** with someone else.

64. If you can think of an example of this in your life, **come to the board** and write "yes/your name"

65. If you can relate /can't relate to this statement/idea/ **high five someone/tense all your muscles and then relax/roll your shoulders.**

66. If you can understand this point, **stand up.**

67. If this point/perspective/notion/belief bothers you **touch your nose.**

68. Come give me a **high five** if you will \_\_\_\_\_ in the future.

69. **Shoot a basket** if \_\_\_\_\_. (or play Trash Ball)

70. **If you can name a** \_\_\_\_\_, walk to the door and back, jog in place, do a jumping jack.

71. If you know the answer **stand/do a push up**

72. **Don't pass out "handouts"**. Have them go get it. In fact, place papers at random locations in room & tell all students must get up to get 1. Have them hop, skip, jump to location. Place handouts in hall. Go for a walk/outside.