

Educator's Guide

Engage students in a fun, simple exercise routine that helps them develop basic motor skills, coordination, and physical fitness.

1

Materials:

- Open Space: Ensure there is enough room for students to move safely.
- Optional: Play upbeat music to keep the students engaged.
- Screen to display the routine

2

How to Play:

- Introduce the Routine:
- Explain to the students that they will be doing fun exercises to help their bodies grow strong. Keep it simple and playful.
- Example: "We're going to play a fun game where we move our bodies!"

3

Demonstrate the Actions:

Example: Stretch: "Reach up to the sky, now bend down and touch your toes!"
Encourage them to stretch like a tall tree or pick imaginary apples from the sky."

Lead the Routine:

- Start with a stretch and guide the students through each exercise. Stretch, Lunges, Squats, Sit-ups, Jumping Jacks, Planks.

4

Encourage Participation:

- Use lots of praise and energy to keep the students excited.
- Example: "Great job! You're doing amazing! Can you jump even higher?"

Tips:

- Keep it high-energy and fun!
- Adapt for different age groups.
- Keep It Simple: Use clear, easy-to-understand instructions with visual demonstrations.

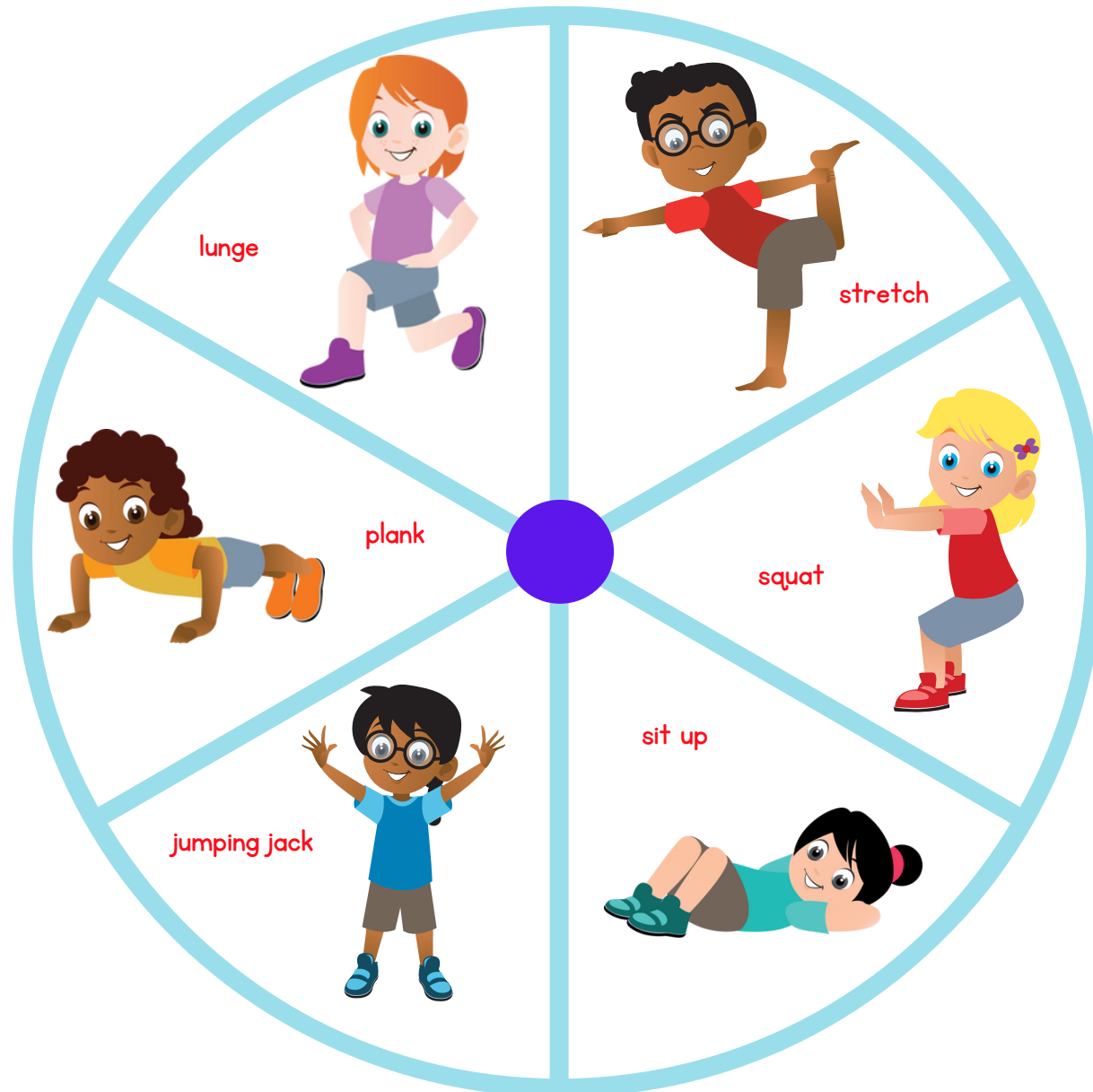
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Wrap-Up:

Cool Down:

- End with a simple cool-down by stretching again.
- Example: "Let's reach up high one last time, then touch our toes and take a big, deep breath!"

LET'S GET MOVING



Exercise Routine

- **Stretch:** "Reach up, touch your toes!"
- **5 Lunges:** "Step forward, bend, and switch!"
- **5 Squats:** "Sit down, then stand up!"
- **5 Sit-Ups:** "Sit up and reach!"
- **10 Jumping Jacks:** "Jump and spread your arms!"
- **Plank:** "Hold like a bridge for 10 seconds!"