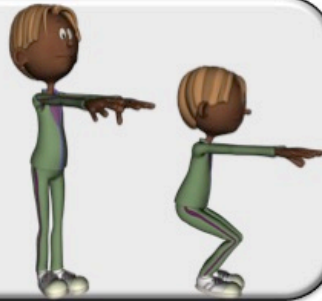


Your FREE RESOURCE are Below!

First Grade Math Centers

Do
___ + 3 = 7
squats.



Do a V pose for

7
+7
—

seconds.



Distance Learning

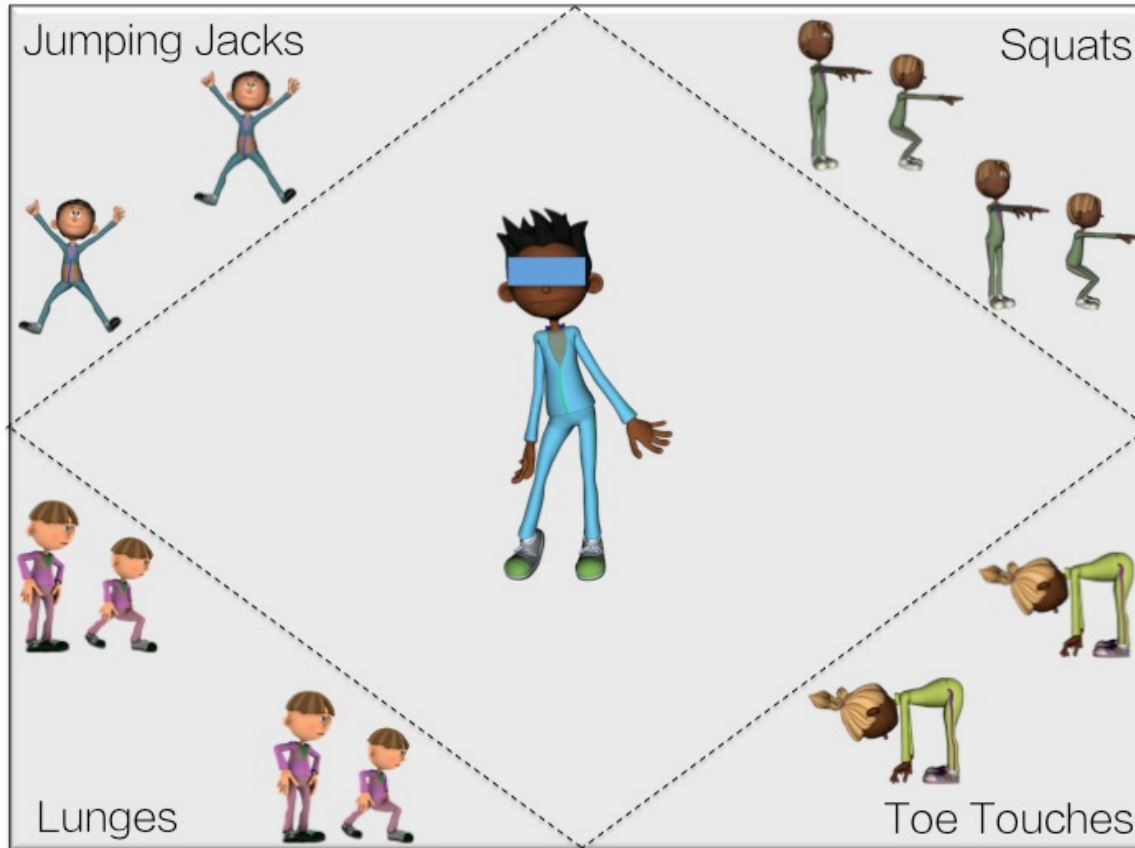
Check out the
Kindergarten
to Grade 3
Bundle!

Click Here!
To Check it
out!

Grade 1-5

FOUR CORNERS

Safety:
Walking only



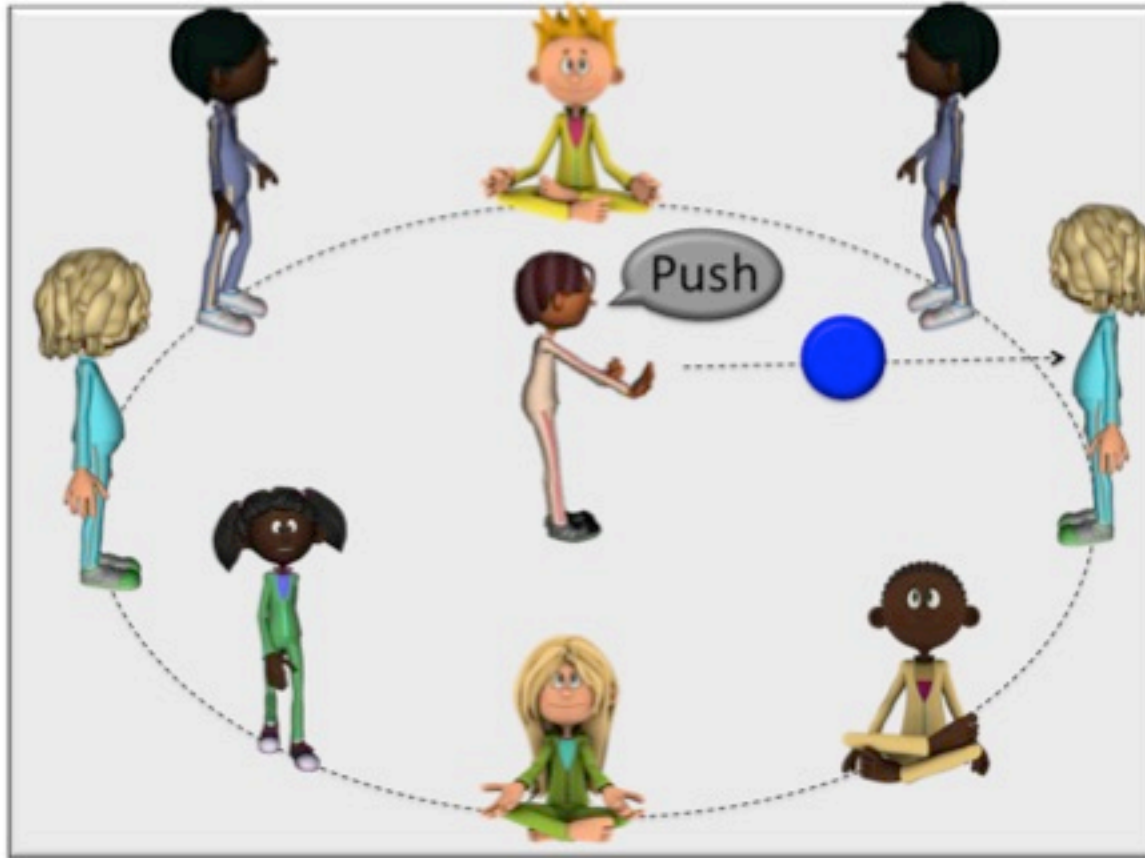
Rules:

- Go over the four exercises you choose. They can be different from the ones I listed.
- Pick one student to stand in the middle of the class with their eyes closed and count to 10.
- As they are counting the other students will
- WALK around the class and go to a corner.
- The student in the middle will listen to where students are going and point to 1 corner that they think a lot of people are in.
- Everyone in that corner must do their corner's exercise 10 times.

Grades: 1-12

PUSH CATCH

Safety:
Throw nicely



Challenge Students!

Students must squat while waiting.
Students can complete a task to get back in. Ex: Jumping Jacks.
Give less time between "Push" or "Catch" and throw.
Allow a student to go in the middle

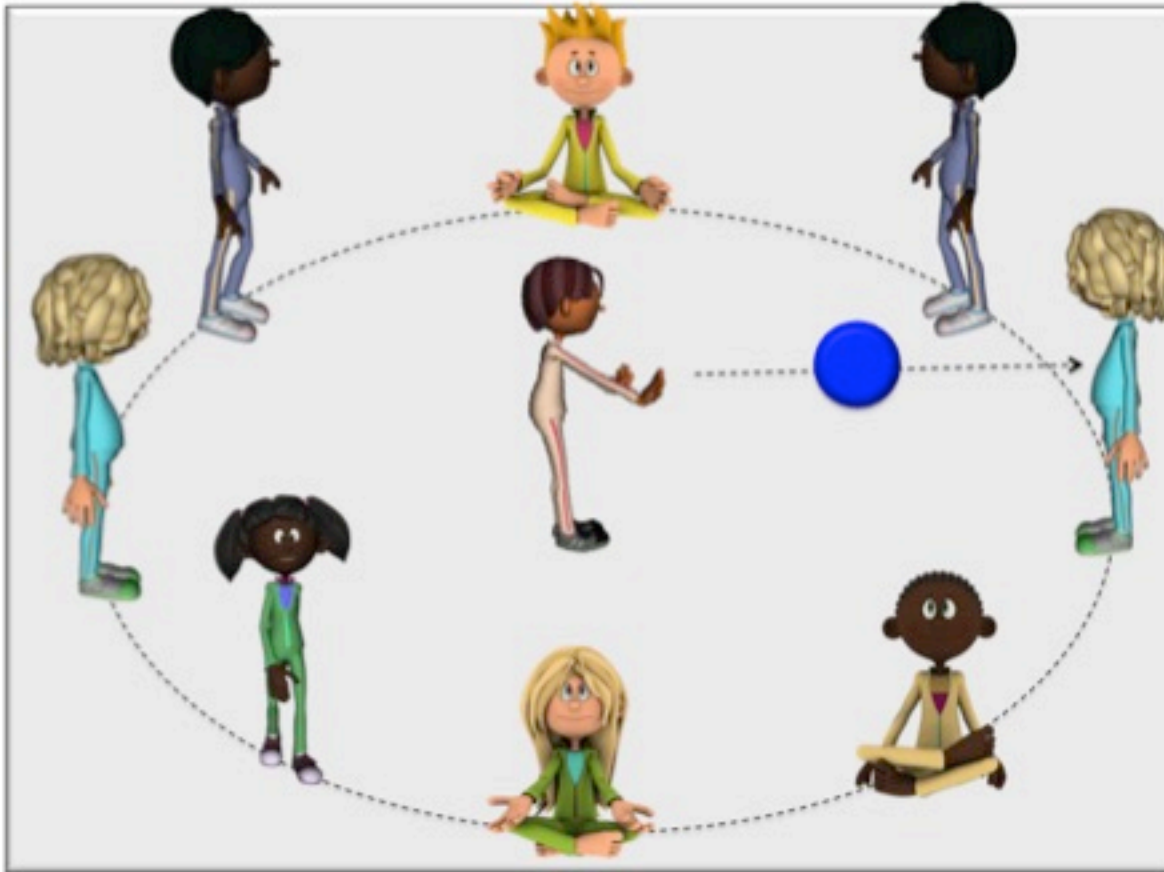
Rules:

- Students will stand in a circle around the teacher
- The teacher will say "push" or "catch" and then gently throw the ball to a student.
- Students must do the opposite of what is said.
- So if the teacher said "push" the students must catch the ball. If the teacher said "catch" the student must push it by allowing the ball to hit their hands and fall.
- If a student gets it wrong they are out and must do 10 jumping jacks then sit.

Grades: 1-12

FLINCH

Safety:
Throw nicely



Challenge Students!

Students must squat while waiting.
Students can complete a task to get back in. Ex: Jumping Jacks.
Throw the ball slower or faster.
Allow a student to go in the middle.

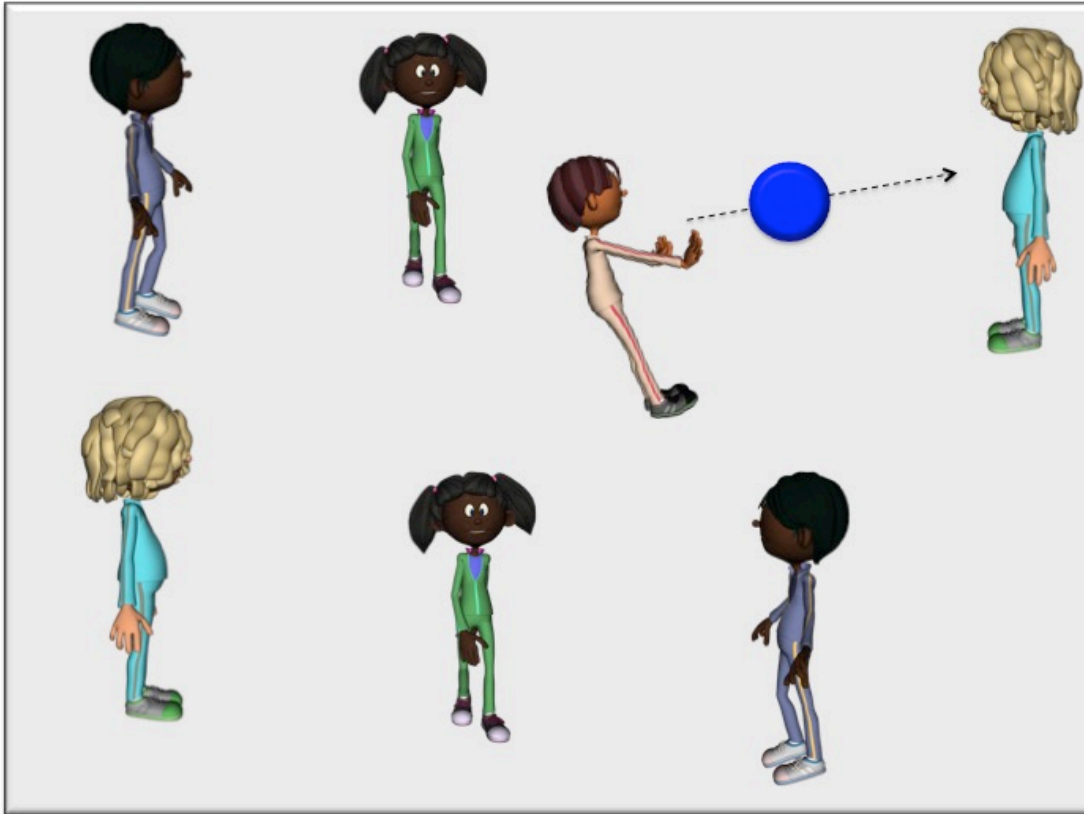
Rules:

- Students will stand in a circle around the teacher with their arms by their side.
- The teacher will either throw the ball slowly or fake to throw it.
- If the teacher throws it the student must catch it.
- If they don't catch it, the student must do 10 jumping jacks then sit around the circle.
- If the teacher fakes to throw the ball, the student must keep their arms by their side.
- If they flinch they are out and must do 10 jumping jacks then sit around the circle.

Grade 1-5

SILENT BALL

Safety:
Walking only



Safety:
Students must catch with one hand.
Students must play in a squat position.
Jailbreak allows all eliminated students to get back in.

Rules:

- There is no talking allowed.
- Students spread out around the classroom standing and one student has a ball.
- The student with the ball must make eye contact with another student and throw it to them.
- The receiving student must catch it and throw it to someone else.
- A student is eliminated if they talk, throw the ball dangerously, make a bad throw, or don't catch it when it's throw to them.
- Students return to desks when eliminated.