

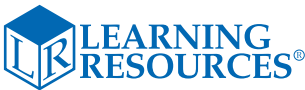
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# Ready, Set, “MOVE!”

Classroom Activity Set

Get up and  
move with  
learning and  
fitness fun!



 **WARNING:**  
CHOKING HAZARD - Small parts.  
Not for children under 3 years.

Ready, Set, Move Classroom Activity Set encourages students to get up and move with fun exercises while also addressing colors, numbers and following directions. Use the mats and cubes together or separately for a variety of activities.

## Components

- 25 Colorful circle mats (10")
- One color cube
- One exercise cube
- One number cube

## Exercise Cubes



**Jumping Jacks:** Hands go up as feet are spread apart; hands go down as feet are closed. Repeat.



**Squats:** Start with your arms in front of you and bend at the knees as if sitting in a chair. Stand up to complete.



**Toe Touches:** With your feet together, bend at the waist and try to touch your toes. You can also start with your legs and arms apart. Touch your left foot with your right arm and then alternate.



**Running in Place:** Move your arms and legs and run in place.



**Arm Circles:** Raise your arms to your sides and move them in slow circles, either forward or backward.



**Hop:** With your feet close together, take little jumps forward, or hop on one foot.

**Note:** To avoid injury, please practice these exercises with the students before starting an activity to ensure that they are done correctly. Adjust or eliminate exercises to meet the needs of your individual students.

## Ready, Set, Move

*Whole class or small group*

Take some time for some exercise!

1. Spread the mats around the room and have each student choose a mat to stand on. Make sure at least one of every color mat is used.
2. Roll all three cubes and call out what is rolled. Have students follow

the directions on the cubes. For example, if you roll *jumping jacks*, *3*, and *red*, then everyone on a red mat will do three jumping jacks.

3. If you roll the side of the color cube with all colors, then it is an ALL PLAY and all players do the exercise.

### **Alternate Versions of Play:**

- Only use the exercise and number cubes and have the whole class or small group do all exercises.
- Only use the exercise and color cubes and call out any number you want. Most exercise sets are about 10–15 repetitions.

## **Ready, Set, Move**

*Small group*

Practice simple addition facts! You will only use the color and number cubes for this activity.

1. Spread one mat of each color around the room and have each student choose a mat to stand on.
2. Have one student call out any number.
3. Roll the number cube. Add this number to the number that was called out. The teacher may want to announce the addition fact that has been created.
4. All students should mentally compute the sum.
5. Roll the color cube. The student standing on the color that was rolled announces their solution.

### **Alternate Version of Play:**

- Play the same activity listed above, adapting for subtraction, multiplication, and division.

## **Ready, Set, Group**

*Whole class or small group*

Use the mats to create flexible groups in a fun way!

1. Have each student roll the color cube and take the matching color mat.
2. Tell students with the same color to form a group and start the activity of your choosing.

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