

WHAT IS IT? (RATIONALE)

Children need to listen in order to understand directions and to function in a literate society.

GETTING STARTED (PROCEDURES & MATERIALS)

No materials are necessary for this activity. Before beginning make sure students are at least an arms length away from each other and have enough room for movement. Begin by having your students do an activity in place next to their desks. This can include jogging in place, jumping jacks, toe touches, etc. They will continue the physical activity until you call out a vocabulary word, at which point they have to “freeze”. They may not resume activity until someone uses the word properly in a sentence.

ADAPTATIONS

You can also use vocabulary words from other subjects like science, social studies, music, etc.

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DOMAINS ADDRESSED



**SEQUENCING
BODY IMAGE
LANGUAGE**



**BALANCE
GENERAL COORDINATION**



**FLEXIBILITY
AEROBIC
STRENGTH**



**FOLLOWING DIRECTIONS
SELF CONTROL
RESPECT
BEST EFFORT**