

 **WHAT IS IT? (RATIONALE)**

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

 **ADAPTATIONS**

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

 **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.

 **DEVELOPED BY:**

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**DOMAINS ADDRESSED**



**SEQUENCING  
BODY IMAGE  
LANGUAGE**



**BALANCE  
GENERAL COORDINATION**



**FLEXIBILITY  
AEROBIC  
STRENGTH**



**FOLLOWING DIRECTIONS  
SELF CONTROL  
RESPECT  
BEST EFFORT**