Physical Activity Grab Bag Quick Activity

Invite students to write instructions for simple exercises they can do in the classroom to help strengthen their hearts and other muscles. They might include activities such as jogging in place or doing curl-ups. Have students write their instructions on strips of paper. Put the strips of paper in a bag.

Then each day call on a volunteer to select a strip of paper from the grab bag and read the instructions on the strip. Invite the class to do the physical activity with you.