



**\*Worksheet is to be posted in the classroom and completed by the teacher for the class.**

**School Name:** \_\_\_\_\_

**Teacher's Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**School Address:** \_\_\_\_\_

**Number of Students:** \_\_\_\_\_

**Number of Faculty/Staff Members:** \_\_\_\_\_

**Complete the RiseVT Classroom Movement Scavenger Hunt challenge:**

- Wear your RiseVT Pedometer and track how many steps as a class you have taken during one school day**

*Tip:* To add more steps, take a walk around your building, go outside and walk around the play ground 10 times, stand up and march in place, etc...

How many steps did you reach during the school day? \_\_\_\_\_

What were some unique ways you added movement to your classrooms day?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Today's Forecast Worksheet**

Handout a copy of the "Today's Forecast" worksheet and have each student draw what the weather looks like and what appropriate clothing and footwear they would need to have to stay safe, warm, cool, etc. for play outside.

**Freeze Dance!**

For one of your daily brain breaks, put a song on and play Freeze Dance. Freeze dance is a simple game that can be done indoor, outdoors or anywhere there is space. Teacher or instructor plays an upbeat song and everyone starts dancing. When the music stops, everyone must freeze. If they didn't freeze, they are out of the dance off and must return to their seats.

Who won? \_\_\_\_\_

*Did You Know:* **kids needs at least 60 minutes of physical activity each day?**

This activity challenges you to think about how you can get up and play, even if the weather is not perfect.

**Staying Active at Recess** (preferably this should be done right before recess)

As a classroom, for each letter, write an activity that can be done during recess to stay active. For example, for letter A, you might put "Acrobat Moves", for B you might put "Basketball".

Once complete, challenge your classroom to try at least one of these activities during recess.

A _____	H _____	O _____	V _____
B _____	I _____	P _____	W _____
C _____	J _____	Q _____	X _____
D _____	K _____	R _____	Y _____
E _____	L _____	S _____	Z _____
F _____	M _____	T _____	
G _____	N _____	U _____	