

Theme: GO

Educational Resources: K-6th

Title: Stand Up For Review

Subject: Any

Prep Time: 0 min.

Activity Time: Up to 1 class period

Activity Description:

The purpose of this activity is to give students some physical movement as a way to review their lesson. The benefits of physical activity include improving attention and memory, improved blood pressure and blood sugar levels.

Direct Instruction –

Teachers will explain to students the benefits of physical activity even in academic lessons. Let them know you will review the lesson in a fun, energetic way.

Individual Activity –

Ask students to evaluate their retention of the content after the review. Do they believe they retained more, the same, or less information?

Group Activity –

After the lesson, ask content questions and ask students to do one of the following when they remember the answer. Once teachers have given time for students to respond, call on one student to verbally give the answer.

“When/If you remember the correct answer...”

1. Stand up
2. Hop on one foot
3. Tap the top of your head
4. Sit on your desk
5. Do 3 jumping jacks
6. Pretend to jump rope
7. Stretch your arms as high as possible
8. Pat your back
9. Do your best dance moves
10. Touch your toes

Outcome Measurement:

Students will answer the question with a thumbs up, thumb middle or thumbs down. Do you think adding movement to our review helps you retain information?

Sources:

SevenDays[®] Inc.

<https://www.cdc.gov/physical-activity-basics/health-benefits/children.html>

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards
 - Character Development- Core Principles
 - Personal Development- Self-Management

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****Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**