



Brain Blast Activities

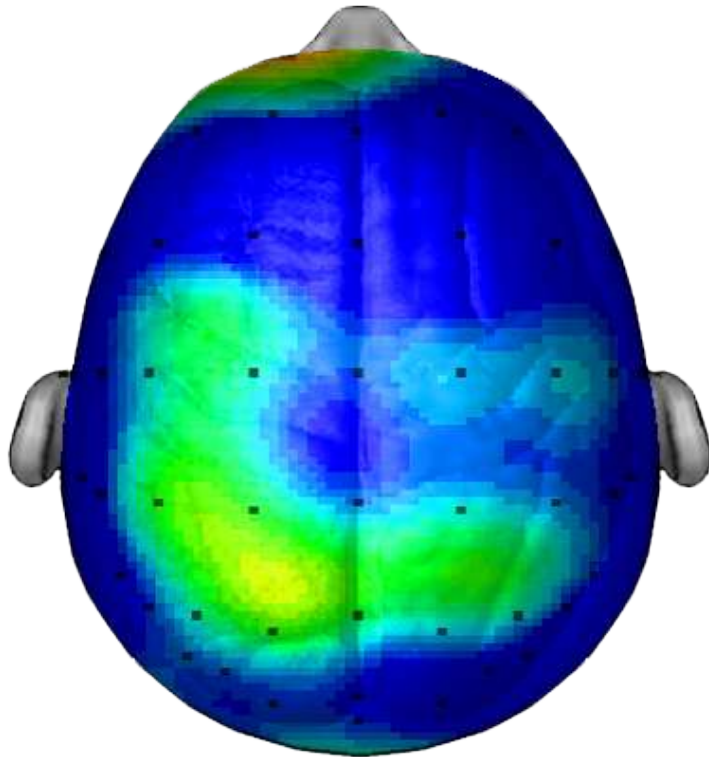
Print and Laminate the activities for the classroom teachers to infuse movement during each lesson.

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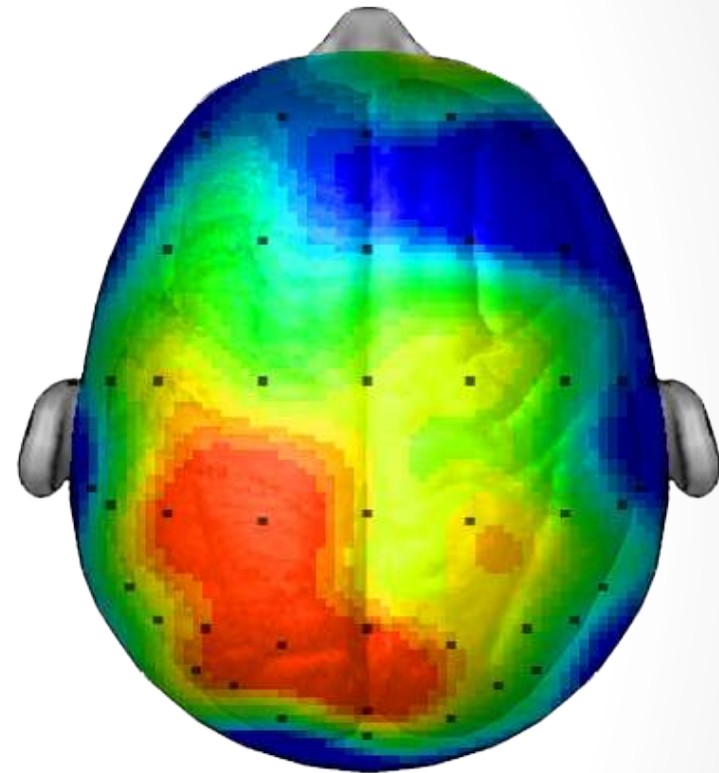


Physical Activity Turns on the Brain

Brain after sitting quietly



Brain after 20 minute walk



Exercise builds better brains

Brain Derived Neurotrophic Factor Protein (BDNF) boosts the ability of neurons to communicate with one another.

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Brain Blasts



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Jumping Facts #2

Math Brain Blast

Same as Jumping Facts #1 with a twist. This round play with 3 students.

All three students jump and turn, two "shoot" fingers to add and the other student multiplies the sum by two for the product.

Version 2: add a 4th student, 3rd student multiplies by 4 & 4th person divides by 2.

Slap Clap

Math Brain Blast

Students face a partner with both palms up. Student's SLAP facts counting by 2's; 3's; 5's etc.

(Example: student one slaps partners hands alternating 2, 4 then the other student will slap fact 6, 8 and so on)

Jumping Facts #1

Math Brain Blast

Students stand back to back, they count 1,2,3 & then they jump & turn to face each other with one hand each showing 1,2,3,4 or 5 fingers. The first student who can add the numbers together gets a point.

Example: one student hold out 5 fingers and the other student holds 3=student answers 8

Version 2: use both hands

Fitness PUSH-UP CHALLENGES P-Up Hockey

Focus: muscular endurance

Equipment: Beanbag/team of 2
Pushup Hockey – Partners face each other in push up position. Partners take turns & try to slide the beanbag through goal (imaginary line between other partner's shoulder width apart hands). Partners try to stop beanbag from sliding through the "hand" goal with their hands.

5, 4, 3, 2, 1



Ice breaker

5,4,3,2,1- Students stand in self-space. The teacher has the students do five different movements in descending order. Pause in between each task for students to perform.

For example:

- 5--jump five times
- 4--squat four times
- 3--hop on one foot three times
- 2--clap your hands two times
- 1—walk around in a circle one time

Fitness
PUSH-UP
CHALLENGES
Simon

Focus: muscular endurance

Equipment: 2 Beanbags/team of 2

Simon – Partners face each other in push up position. Partners have two different colored beanbags between them. Teacher calls a color, & each partner tries to grab the corresponding beanbag first.

Fitness
PUSH-UP
CHALLENGES
Reaction Roll

Focus: muscular endurance

Equipment: Beanbag/2 players

Reaction Roll – Partner A gets in pushup position with back to Partner B with legs straddled and eyes straight ahead. Partner B rolls beanbag through Partner A's legs. As soon as Partner A can see the beanbag he/she tries to stop it with their hand.

Fitness
PUSH-UP
CHALLENGES
Push-up Tag

Focus: muscular endurance

Pushup Tag – In push up position, Partners try to tag the other's hand as many times as possible while having their own hand tagged as few times as possible.

Fitness
Noodle
TOE TAG

Focus: Cardio & Agility

Equipment: ½ noodles/St
Toe Tag – Players face each other with noodles. Tap the noodles & floor alternating 3X's, then game begins. Players try to tag their partners' toes with the noodle.

Have You Ever

Ice breaker

Equipment: spots for sts to stand on and one hoop.

Have You Ever- Students stand on a spot in general space. Teacher in center hoop, calls out a question she/he can answer yes to.

Example: Have you ever been to the beach? All students who can answer yes to the question run and find an open spot. The teacher/student in the hoop also tries to find an open spot. Student left without a spot goes to hoop and asks the next question.

Rock, Paper, Scissors

**PE Style
Ice breaker**

Students face each other and jump three times 1-2-3- shoot. On the "shoot" part, the students either perform ROCK—bend knees together
PAPER—straddle legs
SCISSORS—stride legs forward & back.

Rock beats Scissors
Scissors beats Paper
Paper beats Rock

Fitness
PUSH-UP
CHALLENGES
High Five

Focus: muscular endurance

High Five Push Ups-

Partners face each other in push up position and alternate high five across the body to their partners high five and then both perform a push up.

Odds &
Evens

Math Brain Blast

Equipment: stack of number cards or playing cards.

Odd & Evens- Working with a partner, students each draw a card and quickly add the numbers together then they jump up if the answer is even and touch the ground if the answer is odd

Ones & Tens

Math Brain Blast

Equipment: stack of number cards or playing cards.

Ones & Tens- Working with a partner, students each draw a card and quickly add the numbers together, then students jump the number in the tens column and knee lifts for the number in the ones column.

Example: answer 23= jump 2X & 3 Knee lifts

Dynaband Exercises

Equipment: dynabands/therapy bands 1/child

Each student has a theraband and follows teacher guided exercises to fun songs such as:

Rocky, Adams Family, Ghost Busters, Pink Panther.

Exercises: out & in above the head, in front of the chest, Up and down from belly button to above the head and bow & arrow.