

## Motion Moment Toolbox

Jumping jacks	Power skip
Squat cross jacks	Steam engine
Obie jacks	Lateral bunny hops
Chair push-ups	Forward/back bunny hops
Chair dips	Hopping in place on right foot
Running in place	Hopping in place on left foot
Fast feet	Calf raises
Lateral step touch	Overhead clap
High knees in place	Overhead press
Glute kicks in place	Chicken dance
Windmill	Macarena
Arms circles	Hand jive
Front kicks	Head, shoulders, knees, & toes
Jump rope	Hokey pokey
Frog jumps	Power rock, paper, scissors

Additional short, structured movement ideas:

Sworkit has video clips of over 150 exercises.

<http://www.sworkit.com/exercises>

Move-to-Improve offers printable activity cards.

<https://www.weteachnyc.org/resources/resource/MTI-4-5-visual-aid-cards/>

Active School Acceleration Project offers printable activity cards.

[http://www.activeschoolsasap.org/files/u8/just\\_move\\_cards\\_final\\_08.13.13.pdf](http://www.activeschoolsasap.org/files/u8/just_move_cards_final_08.13.13.pdf)

FitDeck® Jr. Exercise Playing Cards are \$17 per deck.

<https://www.flaghouse.com/Physical-Education/Curriculum/Activity-Based-Learning/FITDECK-Jr-Set.axd>