

# PHYSICAL ACTIVITY for PHYSICAL DISTANCING

## ANIMAL JACKS

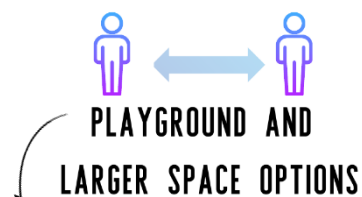
Suggested Levels: PreK-7      Time: 1- 5 minutes      Equipment: NONE

*Objective: Promotes movement to refocus the brain while maintaining physical distancing.*

**Directions:** Beginning with the Letter A, have students perform a seated jumping jack after a student names an animal that starts with A. Move through the alphabet (example: alligator, bird, cat, dog, etc.). Move down the rows, each student calling out an animal with the next letter. If someone can't think of an animal, ask the rest of the class for help. Continue jumping jacks until the entire alphabet is complete. A helpful key is listed below.

*For Levels K-1: Teacher can prompt class or show pictures of animals.*

|              |               |
|--------------|---------------|
| A- Alligator | N- Newt       |
| B- Bird      | O- Octopus    |
| C- Cat       | P- Penguin    |
| D- Dog       | Q- Queen bee  |
| E- Elephant  | R- Raccoon    |
| F- Fish      | S- Snake      |
| G- Giraffe   | T- Tiger      |
| H- Hippo     | U- Unicorn    |
| I- Iguana    | V- Vulture    |
| J- Jaguar    | W- Whale      |
| K- Kangaroo  | X- X-ray fish |
| L- Lion      | Y- Yak        |
| M- Monkey    | Z- Zebra      |



### Standing Movement Ideas:

- Cross crawl
- High knees
- Hop on one foot
- Jumping jacks
- Lunges
- Mountain climbers
- Squats