

10 WAYS TO **Move this Winter**

1

DANCE TO 10

Every morning at your school or before your out-of-school time program begins, play a soundtrack of upbeat music for the 10 minutes right before classes or programming gets started. Encourage your kids to use those 10 minutes to dance to wherever they are going. The key is making the music fairly loud and using songs that are kid-friendly and fun to dance to.

Modified from [SHAPE](#)

2

TABATA TO 10

Tabata is traditionally a high intensity circuit workout, but you can modify it to work for your kids and your space. The key is choosing 10 exercises that are fun and easy to repeat. For example: shadow boxing, high knees or invisible jump rope. For the activity, go through your complete set of 10 exercises, performing each exercise for 10 seconds and then break for 10 seconds.

Modified from [SHAPE](#)

3

COUNT TO 10

Count to 10 is four corners with a twist. Set up to play four corners as you usually would. Designate four corners in your space, labeling them 1-4. Select one player to start, who will count to 10 in the middle of the space. All the other kids should move quietly from corner to corner until the counter gets to 10. The counter then selects one of the corners. Everyone who is in that corner is now out. Here is the twist. Instead of having students sit down, they now join the counter in the middle of the classroom and do a physical activity (jumping jacks, pushups, squats, etc.) during the countdown.

4

JUMP TO 10

Designate an open area free of obstacles where kids can move freely. Play music through a sound system or radio. While the music is going, tell the kids to start dancing until the music stops, at which point they should freeze until the music starts again.

Modified from [Playworks](#)

5

STRETCH TO 10

Before you begin your class or programming, and especially before a test or period of time when kids should be very attentive, add 10 minutes of calming activity with stretching. Go through a series of 10 stretches, performing each stretch for 1 minute (or 30 seconds if you need to do both sides of the body). As the instructor, you can demonstrate the stretches or give the kids a chance to choose which stretches they would like to do that day.

6

DRAW TO 10

Download our [Alliance Fitness Cards](#) and cut out each individual activity. Let every kids in your group draw from the deck of cards and let them know they are to become the master of that activity by reading the instructions on the card. After they are familiar with the activity, let each student lead their activity for 10 reps.

7

POSE TO 10

Before, during or after your class or programming, give kids a chance to refocus with simple yoga poses that will get them up and moving just enough to pay attention once they sit back down. Use our [Fit for a Healthier Generation](#) video series to follow along with fitness expert Tara Stiles for easy and engaging yoga breaks.

[Fit for a Healthier Generation Videos](#)

8

PASS TO 10

Gather your kids into a circle and explain to them that for the next 10 minutes they will be moving, but they will each have an opportunity to decide how they move. Choose someone to start off the activity. Tell this person to do any movement they like including pretending to do an activity like snowboarding or playing baseball. Once this person starts their activity, the rest of the group imitates the move with their own flare. After 10 seconds, the move passes to the next person in the circle who then gets to choose his or her own activity.

9

READ TO 10

Read a book, a particularly active book, to kids for 10 minutes. As you are reading, your kids should be standing up and listening intently to the story. Every time you read a fun verb such as jump, swim or dive, have the kids act it out until you get to the next verb.

Modified from [Eat Smart, Move More NC!](#)

10

REFLECT TO 10

After class or daily programming, set aside 10 minutes for active reflection time. Break your group into pairs and explain to kids that they will go on a 10 minute cool down walk to discuss the day's content and reflect. You can send them off with several prompts like: Share at least one thing you remember from class or share something new you learned today. As they return, let them each share one nugget of information they reflected on.