



Move at School

*fit*Boost

Do a *fit*Boost to
move your body!

Warm-Up



March in
a Band

Move



Let's Go!

Squats

Cool Down



Butterfly
Stretch

Be Active at School

*fit*Boosts are a great way to move during school. Between recess and waiting in lines, you have many opportunities to move.



Be Active at School

Why don't you try ...

- Standing at your desk while doing work.
- Hopping instead of walking.
- Crossing your arms while walking down the hall.
- Doing wall sits while waiting.
- Reaching your hands high to the sky for a stretch while reading.
- Skipping or running around the playground before playing recess games.



WHAT ARE YOUR FAVORITE WAYS TO MOVE AT SCHOOL?





Think about how you can add movement to your day!

Add to your printable by writing or drawing how you can move during the school day.

Name _____

Add Move to Your Day

Write or draw how you will move many times, many ways, and in many places.

 In the Morning	 At School
 At Home	 At Bedtime

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Keep your plan at school to finish later in the week!



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