

## **Elementary:**

1. [www.scholastic.com](http://www.scholastic.com)
  - a. Recorded movement songs: “Cha-cha”, “YMCA”, Cupid Shuffle”
  - b. Jump skip counting: Students count by twos, fives, and tens while jumping with each count
  - c. Exercise movement counting: Same as the jump counting, but using different types of exercises such as arm circles or knee bends
2. [www.youtube.com](http://www.youtube.com)
  - a. “Mr. Harry’s Kindergarten”
  - b. “Let’s Get Fit”
  - c. “Do You Know Your Alphabet?”
  - d. “I Can Count to 100”
  - e. “Tooty Ta”
  - f. “ABC Song for Children: Disney’s Frozen Music for Kids”

## **Middle School:**

3. [www.minds-in-bloom.com](http://www.minds-in-bloom.com)
  - a. “Trading Places”
  - b. “Six Spots”
  - c. “Mingle, Mingle”
  - d. “Name Moves”
  - e. “Keep It Up”
4. [www.brainbreaks.blogspot.com](http://www.brainbreaks.blogspot.com) – 32 One-minute activities
  - a. “Hands Brain Break”
  - b. “Snap Wink”
  - c. “Thumb War of Peace”
  - d. “Ear/Nose Switch”
  - e. “Core Strength Brain Breaks”
  - f. “Number Spots Edition”
5. [www.watchknowlearn.com](http://www.watchknowlearn.com)
  - a. “Waiter Brain Break”
  - b. “Finger Aerobics”
  - c. “Hand Shake #2”
  - d. “Toe Tapper”
  - e. “Palm Tapping”
  - f. “The Crab”

6. Fit Kids Classroom Workout DVD – Available on [www.pecentral.org](http://www.pecentral.org)
7. [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
8. [www.Curriculum.austinisD.org/pe](http://www.Curriculum.austinisD.org/pe)
9. [www.braingym.com](http://www.braingym.com)