

# ACTIVE MULTIPLE CHOICE

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GRADES: 2-6

FORMATION: Standing in their own personal space

EQUIPMENT: NONE

LEARNING OUTCOMES: SOCIAL STUDIES, SCIENCE (Review any outcome)

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

Use this activity as a review for any subject by having a list of multiple choice questions. Then assign a movement to each letter:

- A Knee lifts
- B Jumping jacks
- C Squats
- D Run on the spot.

After the teacher reads the questions and options, the students would do 5 sets of the movement they think is the right answer.

Sample Exercises-

Toe touches, Bicep Curls, Knee Lifts, Jumping Jacks, Sit Ups, Push Ups, Heel Jacks, Skipping, Knee Touches, Bicep Curls/Heel Jacks, Squats, Lunges, Shoulder Presses, Jumps to the Sky, Twist, Calf Raises, Run On The Spot, Kicks, Squat Jumps