

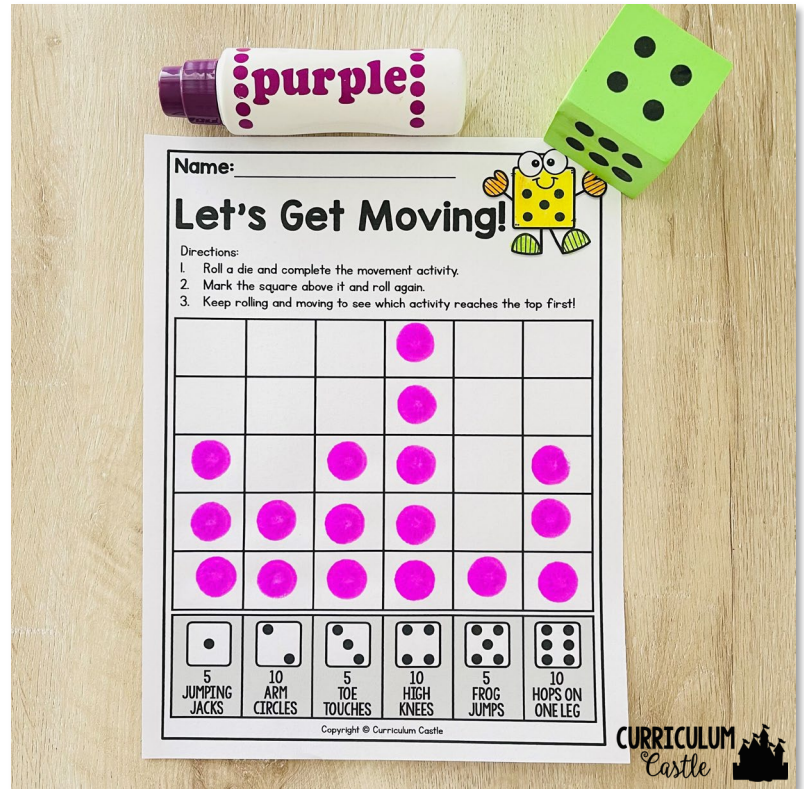
# Movement Activity: Let's Get Moving!

## Objective:

Get children moving and exercising throughout the day.

## Materials:

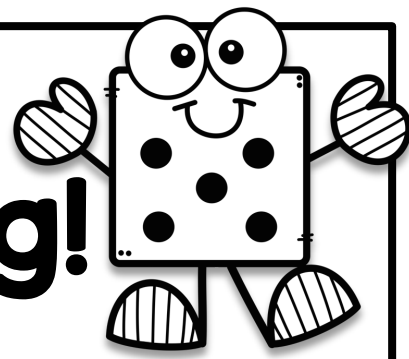
- "Let's Get Moving" worksheet
- dice
- markers



## Directions:

1. Print and make copies of the "Let's Get Moving!" worksheet.
2. Children will roll a dice and complete the movement activity.
3. Mark the square above it and roll again.
4. Keep rolling and moving until one activity reaches the top first!

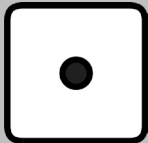
Name: \_\_\_\_\_



# Let's Get Moving!

Directions:

1. Roll a dice and complete the movement activity.
2. Mark the square above it and roll again.
3. Keep rolling and moving to see which activity reaches the top first!

5  
JUMPING  
JACKS



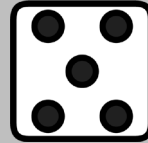
10  
ARM  
CIRCLES



5  
TOE  
TOUCHES



10  
HIGH  
KNEES

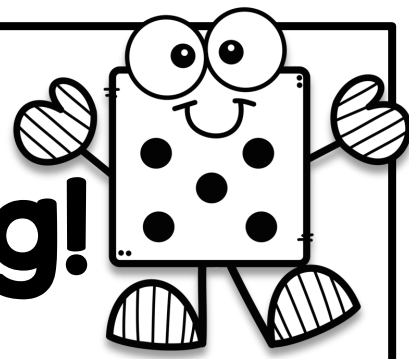


5  
FROG  
JUMPS



10  
HOPS ON  
ONE LEG







Name: \_\_\_\_\_



# Let's Get Moving!

Directions:

1. Roll a dice and complete the movement activity.
2. Mark the square above it and roll again.
3. Keep rolling and moving to see which activity reaches the top first!


					
---	---	---	---	--	---

# Check out our other Healthy Habits activities for kids!

## Healthy Habits BUNDLE

### HEALTHY EATING

Nutrition and Food Groups

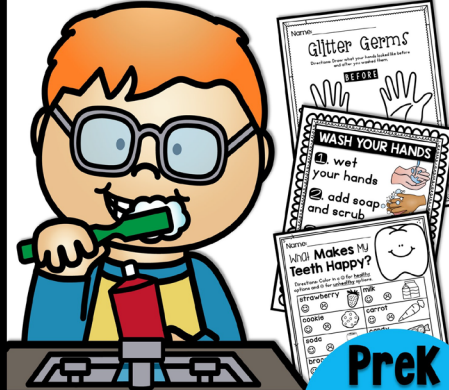


Prek & K

BY: CURRICULUM CASTLE

### HYGIENE

and Healthy Habits



Prek & K

BY: CURRICULUM CASTLE

## Healthy Habits BUNDLE

### HEALTHY EATING

Nutrition and Food Groups

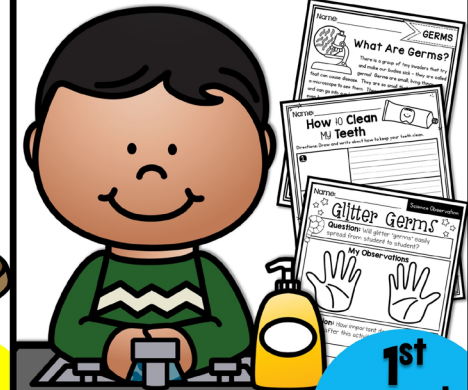


1st & 2nd

BY: CURRICULUM CASTLE

### HYGIENE

and Healthy Habits



1st & 2nd

BY: CURRICULUM CASTLE

# Credits & Considerations

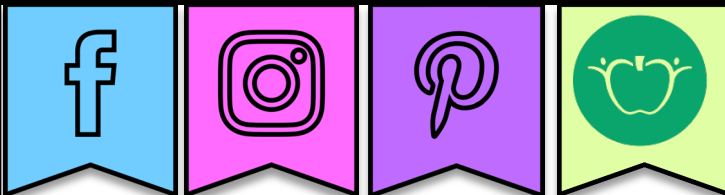
## Clip Art and Fonts by:



All rights reserved. This item is a digital download from Curriculum Castle by Yvette Florez and Jessica Ruiz. As such, it is for use in one classroom only. This item is also bound by copyright laws and redistributing, editing, selling, or posting this item (or any part thereof) on the Internet are all strictly prohibited without first gaining permission from the author. Violations are subject to the penalties of the Digital Millennium Copyright Act. Please contact us if you wish to be granted special permissions! [curriculumcastle@gmail.com](mailto:curriculumcastle@gmail.com)

Connect with us!

Thank you!



Thank you for downloading!  
We appreciate your feedback.  
Please check out our store  
and don't forget to follow us  
for the latest FREEBIES and  
newly listed products.

# Terms of Use:

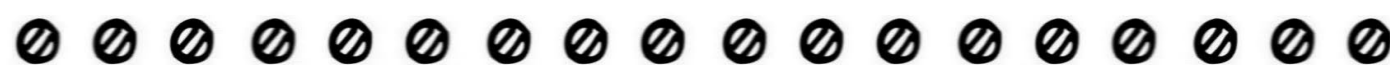


## YOU MAY:

- use items (free or paid) for your own classroom students or personal use
- distribute our resources in printed packets to your students/families
- send via email to your classroom families
- post on your password protected class websites or apps that the general public can NOT access (ex. Google Classroom™)
- reference our resources in blog posts, workshops, seminars and share on social media provided credit is given to Curriculum Castle (link back to our website, TpT store or individual product)

## YOU MAY NOT:

- alter the resource or remove the copyright
- claim this work as your own or use commercially in any way (ex. online marketplace platforms such as Outschool)
- sell the files or combine them into another unit for sale/free
- distribute our resources to other educators. **Additional discounted licenses are available.**
- post or distribute our free or paid resources on a non-secure blog, school or district website, or file sharing site



Thank you so much for respecting our work. 😊