Fit4Kids

ACTIVE CLASSROOM STRATEGY

HEART PUMPIN'
HAND RAISING
HEART PUMPIN' HAND RAISING

Students exercise instead of raising their hand.

This is a great way for students to move their bodies and see who has an answer in their brain.
**Materials Needed**

- Exercise list
- Questions for students
Anytime students would normally raise their hands to share an answer.
When there is an answer in your brain, jog in place!*

Reminders:
- Space
- Safety
CLASSROOM EXAMPLE
Students have to have cameras on, but works really great for virtual!
Students stay behind their desks, so if desks are socially distanced, it’s great!
TIPS AND TRICKS

- Switch up the exercises!
- Give students choice