

Move and Groove

Fun Movements for Young Learners

ACTIVITY INSTRUCTIONS

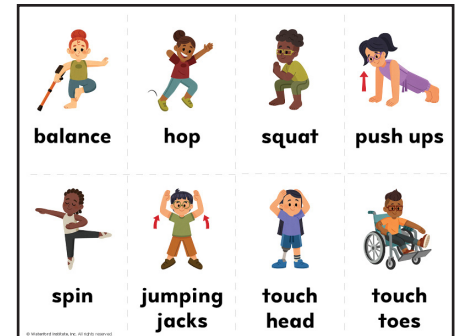
What You'll Need

- Move and Groove Cards (see page 2)

One Minute to Win It

How to Play

1. Shuffle the cards and place them face down in a stack.
2. Players take turns drawing a card and performing the movement shown.
3. For a challenge, set a timer for one minute. How many movements can the players do as a group before the timer goes off?



Move and Groove Cards

Simon Says Challenge

How to Play

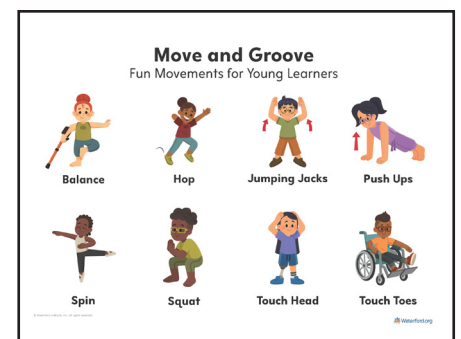
1. Use the cards for a “Simon Says” style game.
2. The leader picks a card and says, “Simon says do [movement]!” Players follow along.
3. If the leader doesn’t say “Simon says,” and players still do the activity, they are out for that round.

Movement Relay

How to Play

1. Spread the cards out across a room or outdoor space.
2. Players stand in a line and take turns running to a card, performing the action, and then returning to tag the next player.

Additional Resource Available



Move and Groove Poster



balance



hop



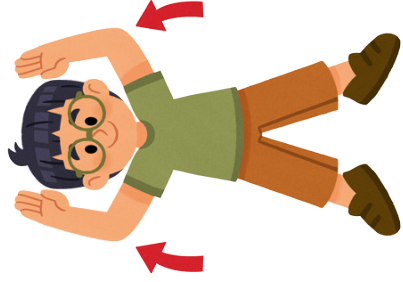
squat



push ups



spin



**jumping
jacks**



**touch
head**



**touch
toes**