

DROP EVERYTHING AND MOVE

BRAIN BOOST STRATEGIES

LESSON PLAN

Purpose

Brain Boost activities are short bursts of movement meant to energize the body and brain. It refreshes our thinking and helps us discover another solution to a problem or see a situation through a different lens. Teachers need less than 5 minutes for these exercises to make an impact on learning.

Materials

- Drop Everything and Move Instructional Video for Teachers: <u>Elementary</u>, <u>Middle</u>, <u>High</u>
- Print or digital version of the DEAM Calendar

Procedure:

- Students stand with adequate space around them for movement
- Complete the exercise associated with the current calendar day

Modifications: *Students can*

- Complete an activity seated or standing
- Increase or decrease the number of repetitions or time of exercise
- Repeat the exercise several times throughout the day







DROP EVERYTHING AND MOVE

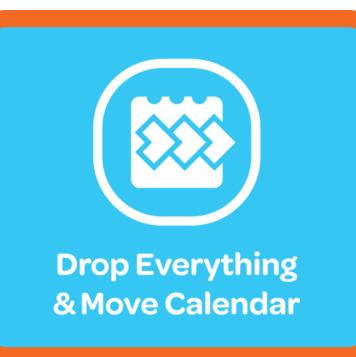
BRAIN BOOT STRATEGIES

DROP EVERYTHING & MOVE CALENDAR

1	2	3	4	5	6	7
15 LEG CIRCLES EACH SIDE	30 SECOND JUMP ROPE	15 ONE-FOOT HOPS EACH SIDE	20 SECOND SHOULDER SHRUGS	TAKE A WALK	25 FRONT - KICK TOE TOUCHES	30 HIGH KNEES CROSS TAPS
8	9	10	11	12	13	14
25 STANDING OVERHEAD PRESSES	25 HIGH KNEES	20 SECOND SWIM & LEG CIRCLES EACH SIDE	TEACHER CHOICE	45 SECOND PUNCH DOWNS	20 CHAIR TAPS	15 ARM CIRCLES EACH DIRECTION
15	16 1	17	18	19	20	21
15 SEATED LEG EXTENSIONS	MINUTE SKY REACH KICK BACKS	PICK YOUR OWN EXERCISE	20 SIDE JACKS EACH SIDE	45 SECOND FRONT- BACK HOPS	1 MINUTE LONG ARM MARCH	30 SECOND SQUARE CRAB WALK
22	23	24	25	26	27	28
CLASS Choice	1 MINUTE SCISSOR CROSS	30 SECOND STANDING MOUNTAIN CLIMBERS	25 JUMPING JACKS	25 PULL & STEPS EACH SIDE	TAKE A WALK	10 SIDE LUNGES EACH LEG
45 SECOND JUMP ROPE	20 SIDE BENDS EACH SIDE	15 WOOD CHOPS EACH SIDE				







DROP EVERYTHING AND MOVE

BRAIN BOOT STRATEGIES

DROP EVERYTHING & MOVE CALENDAR

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



