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ANIMAL CIRCUIT LAYOUT

KDSFIT ANIMAL CIRCUIT



TRIANGLE LAYOUTS

OPTION 1

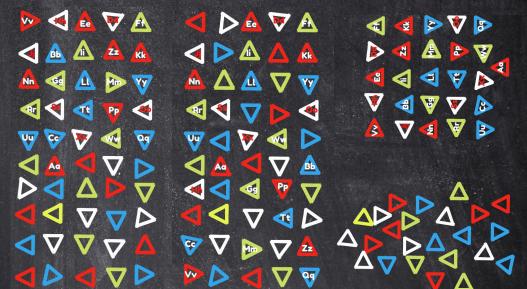
One grid with lettered triangles at one end and KidsFit triangles at the other

OPTION 2

One long grid with lettered triangles and KidsFit triangles mixed throughout

OPTION 3

- 26 lettered triangles in a grid
- 24 KidsFit triangles in a grid



HAND & SHOE PRINT LAYOUTS

OPTION 1

8 pairs of both hand & foot prints in plank walk design
7 pairs of both hand & foot prints in wacky walk design

OPTION 2

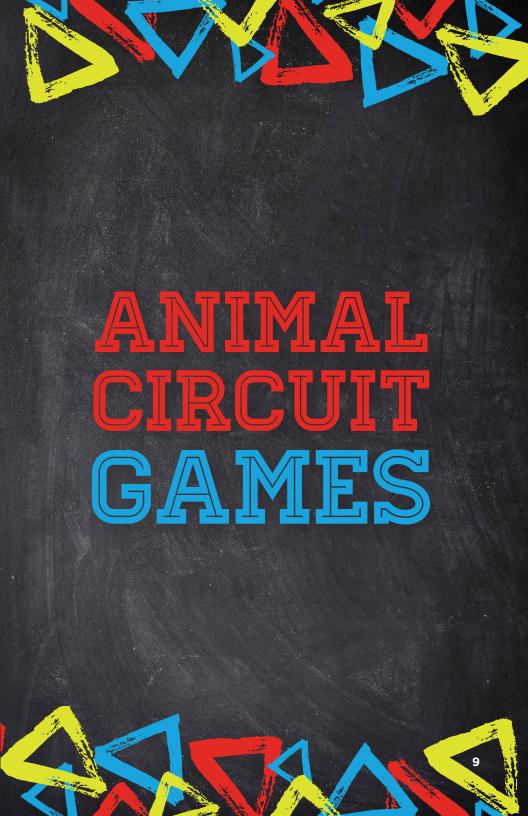
• 15 pairs of hand & foot prints in wacky walk design

OPTION 3

• 15 pairs of hand & foot prints in plank walk design



MORE MOVES





ANIMAL CIRCUIT

- 1. Start at your favorite animal
- 2. Complete 10 reps of the corresponding animal movement
- 3. Move to the next animal and repeat until you have completed all four animal movements. That's one round!

PRO TIP Set a goal for total rounds completed before you begin!

> KIDSFIT ANIMAL CIRCUIT



ANIMAL ACTIONS

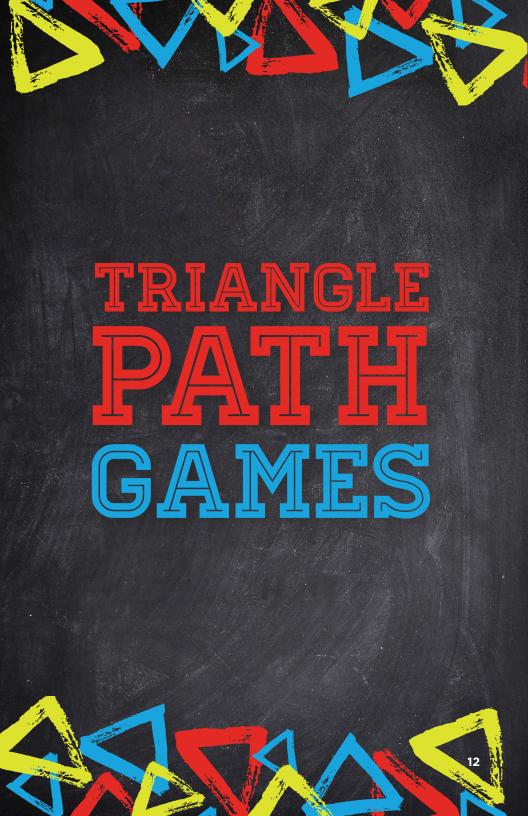
PRO TIP This game is great to help an energetic student release some energy!

1. Start at your favorite animal

- 2. Act out that animal!
 - Can you move like them?
 - Can you sound like them?
 - Can you make a face like them?







TRIANGLE TOSS

- 1. Stand at the start of the triangles.
- 2. Toss a bean bag onto the triangles.
- 3. Move to the bean bag in as few movements as possible! You can use any of the movements found on page 7.

PRO TIP When playing with a large group of students, try using as a short movement break. Form a line and have each student return to the classroom after completing their turn!

l-whole Class





- 1. Stand at the start of the lettered triangles.
- 2. Move throughout the letters in alphabetical order.

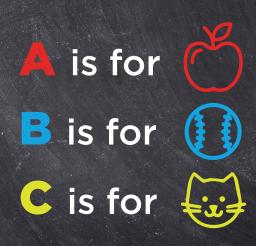
PRO TIP Try to move though the grid by spelling a word, using only vowels, or only consentants after mastering alphabetical order!



FUNKY PHONICS

- 1. Stand at the start of the triangles
- 2. Toss a bean bag onto the triangles
- 3. Move to the bean bag in as few movements as possible. You can use any of the movements found on page 7.
- 4. Make the correct sound for the letter you are standing on.

PRO TIP





NAME GAME

- 1. Have the student stand on the first letter of their name
- 2. Instruct to complete the movements that correspond with that letter
- 3. Move on to the next letter in their name and repeat until they have spelled their entire name

PRO TIP To make this a partner game, have each student spell the other's name!

- A 5 Push-ups
- B 5 Burpees
- C Crab Crawl Toe Touch
- D 5 Plank Hop/Step Overs
- E -20 Front Kicks
- F 10 Frog Jumps
- G 20 Arm Circles Forward
- H 10 Left Leg Flamingo Hops
- I 20 Yard Wheel Barrow
- J 10 Crab Toe Touches
- K 20 Plank Shoulder Touches
- L 10 Lunges
- M 10 Squat Front Kick
- N 10 Sit-Ups
- 0 20
- P 20 Plank Twist
- Q 10 Right Leg Flamingo Hops
- **R 5 Resisted Leg Drops**
- S 15 Squats
- T 10 Bench Dips
- U 10 Kneeling Supermans
- V 20 Jumping Jacks
- W 10 Pikes
- X 20 Mountain Climbers
- Y 10 Supermans
- Z 10 Plank High-Fives

HAND & SHOE PRINT GAMES



PLANK WALKS

ROOKIE

- 1. Place your hands on the handprints and feet on the shoeprints then hold a straight and strong plank.
- 2. Starting with the hand and foot closet to the next set of prints, move your hands and feet to the next set of prints.
- 3. Continue until you have completed the path!

PRO

- 1. Place your hands on the handprints and feet on the shoeprints then hold a straight and strong plank.
- 2. Starting with the hand and foot furthest from the next set of prints, move your hands and feet to the next set of prints. This will create a crossover!
- 3. Continue until you have completed the path!

ALL-STAR

- 1. Place your hands on the handprints and feet on the shoeprints then hold a straight and strong plank
- 2. Choose one hand or foot to lift off the ground. Move your hands and feet to the next set of prints without using the lifted hand/foot.
- 3. Continue until you have completed the path!



WACKY WALKS

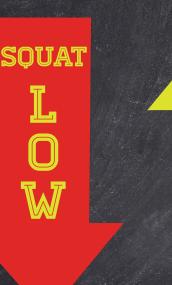
- 1. Stand at the beginning of the Wacky Walks path.
- 2. Follow along with the prints and complete the path by only using 3 out of 4 limbs.



SQUAT LOW, JUMP HIGH

- 1. Start at first row of hand and shoe prints
- 2. If the row has more shoes than hands SQUAT LOW. If the row has more hands than shoes JUMP HIGH.

PRO TIP Try replacing SQUATS and JUMPS with new movements to keep the game interesting!



JUMP

П

I

G

H



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ILVCC. KIDSFIT. SCHOOL WELLNESS CLUB

Looking for more ways to incorporate movement at your school? Join the Hy-Vee KidsFit School Wellness Club to be the first to know about new resources, upcoming challenges, and exclusive rewards!

