

# Stories in Motion

## In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

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### Fun at the Lake

- Get in your boats, we are at the lake today! Carefully climb in the boats. "Hold the oars and reach forward, pull back, reach forward, pull back. Stretch and pull."
- Good job. Now that we are away from the shore, let's row backward to get back to land. Be sure to move your arms in the opposite direction.
- Whew, all that rowing was an arm workout! Hop out of your boat; it's time to fish now! Grab your fishing pole. First, cast it out, and then reel it back in, tugging on it from time-to-time. Did you catch anything?
- Why don't we join that volleyball game for a while? Jog over to the sand court with me.
- Here comes the ball! Put your hands together to make a fist, and bump the ball up in the air! It keeps coming back over the net! Keep bumping the ball.
- Now let's try spiking the ball down over the net. First, jump in the air and slap the ball down over the net. Try that several times. Great work!
- Let's take a dip in the water to cool off before we go home. Skip over to the dock with me! Jump in!
- Why don't we swim for a while? Do whatever stroke you would like: the back stroke, side stroke, or front crawl.
- Whew! That's all we have time for today! Let's do the dog paddle up to shore and call it a day.