



# MOVEMENT ACTIVITIES



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## Go Outside & Free Play

Play with Chalk

Balloon Keep Up

The Floor is Lava

Basketball

Soccer

Tennis

Football

Baseball or Softball

Catch

Flashlight Tag

Freeze Dance Dance Party

Obstacle course

Play tag

Trampoline (for a short period of  
time)

## Scavenger Hunt

Hulla Hoop

Jump Rope

Bubbles

Bug collecting

Build a fort

Magnetic Dart Board

Play Simon Says

Hallway bowling (with plastic  
cups)

Ride Bike

Yoga

Acting out a story

Swing

Roller Skating