



## Classroom Fitness Breaks to Help Kids Focus: Grades 1-5 (Mixed media product)

By Sarah Longhi

Scholastic Teaching Resources, United States, 2011. Mixed media product. Book Condition: New. 269 x 208 mm. Language: English . Brand New Book. This collection of more than 50 super-fun exercises and games motivates students to get in shape while also helping them focus their attention and develop self-control. The activities are designed to fit into key parts of the daily schedule--class meetings, independent seatwork, walking in the halls, and recess. Teachers can select shorter exercises (1-5 minutes) for quick concentration-boosters during seatwork and transitions or longer recess games (15-20 minutes) to boost students heart rates and increase their brain s capacity to learn. Includes fun extensions for reinforcing content-area learning, such as Arm-to-Arm Estimation and Punctuation Martial Arts, plus a big, full-color teaching poster. For use with Grades 1-5.



**READ ONLINE**  
[ 8.14 MB ]

### Reviews

*Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.*

-- **Joshua Gerhold PhD**

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

-- **Meagan Roob**