Focus Skills/Subject: Math
Grades: PreK-3

- Reinforce math skills with a short workout with your class
- Stop and do 20 jumping jacks or squats while the students count out loud.

Pro Tip: Take several mini-breaks throughout the day and do a different exercise each time.

Materials:
- None

Developmental Benefits of Play: Cognitive, Physical, Communicative

Stop and Work Out

This play-based lesson activity was submitted by Becky Zeno from Lexington Elementary.