

Walkabouts Platform **Alternative Movement Guide**

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Why Is It Important for Educators to Help Students with a Disability Be Physically Active?

Physical activity may be even more important for students with a disability than for their non-disabled peers. Generally speaking, physical activity may¹:

1. Improve mental health by reducing anxiety and depression.
2. Lower the risk of early death from heart disease, type 2 diabetes, obesity, and some cancers.
3. Support daily living activities such as dressing and mobility, and enhance overall independence and quality of life.
4. Increase physical fitness, and help to control weight.
5. Provide opportunities for socialization with peers, and foster a sense of connection and community.

Why and How to Use Modifications for the Walkabouts Platform

The modifications to the movements in Walkabouts and 180s are intended to be simple and straightforward. At the most basic level, the goal of the modifications is to offer alternate movements to students who cannot or do not feel comfortable performing the prescribed movements. Regardless of ability, all students should be involved in Walkabouts and 180s while still having a positive, challenging, and meaningful experience.

To make the most out of this guide, consider the following tips:

1. **Keep the purpose in mind.** All students should be active and engaged to benefit from Walkabouts and 180s. Use the prescribed modifications, when possible. Implement the modifications for students who cannot or do not feel comfortable performing the prescribed movements.
2. **Use some or all of the modifications, and change them as needed.** The modifications provided are ideas or suggestions as to how movements can be changed to suit a variety of abilities. Sometimes a student may need to use a modified movement, while other times the student will be able to do the prescribed movement. Ultimately, it is up to teachers and students to decide which movements will best meet each student's individual needs and abilities. Do not be afraid to change the modified movements to ones that work best for each student.

3. **Allow students to have a say in which modifications they use, when possible.** If possible, include the student in deciding which modifications best meet their needs and abilities. Teaching the student to speak up and advocate for or choose the modifications they wish to use will help them learn about their personal strengths and challenges and enhance their communication skills.
4. **Help students to feel included. Inclusion is a widely advocated and sought after goal.** As an educator, you are likely concerned with including the student with a disability with their peers in the lesson to the maximum extent that you can. Keep in mind this might not mean all students are engaged in exactly the same movements at the same time. Rather, the emphasis should be on how Walkabouts and 180s are experienced.² Remember to consider the thoughts and feelings of students. Ideally, they should experience feelings of acceptance, a sense of belonging, and being valued in the lesson.
5. **Modifications can be used for all children, not just those with a disability.** Modifications should be offered to every student who needs them, not just those with a disability. Any students who have physical limitations in strength, balance, endurance, or even temporary injuries may use the modifications.

Implementation Examples

Choosing appropriate modifications prior to using Walkabouts and 180s (as opposed to during a lesson) will allow you to best meet students' individual needs. Keep in mind that some movements will have to be modified while others can be completed as prescribed. When there are multiple movements, a student may be able to complete some prescribed movements and use modified movements for the rest. When possible, we encourage you to discuss the modifications with students prior to the lesson and encourage them to take an active role in deciding which modifications work best. Following are a few examples of how you might implement the modifications for students of varying abilities.

	Prescribed Movement	Possible Modification	Movement Completed
1. A student who has limited movement in all four limbs and uses a power chair	jump up and shout 10, and then do heel touches	raise arms or knees and say 10, and then do lap, knee, or head touches	Student decides to move arms up as much as possible, shout 10, and touch chin to chest.
2. A student who is nonverbal and uses a communication board	jump up and shout 10, and then do heel touches	raise arms or knees and say 10, and then do lap, knee, or head touches	Student decides to jump up and do heel touches. Rather than saying 10, the student points to 10 on a communication board.
3. A student who has limited balance due to an orthopedic impairment	jump up and shout 10, and then do heel touches	raise arms or knees and say 10, and then do lap, knee, or head touches	Rather than jump, the student decides to raise knees while holding onto the wall and shout 10, and then the student completes knee touches.
4. A student who has limited lower body strength and uses a manual wheelchair	jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs	Student decides to stretch arms out and up twice, sit as tall as possible, reach as far as possible, and then lean forward to touch knees.
5. A student who has limited upper body strength	write letters in the air	write letters in the air with head, toes, hand, arm, or any body part	Student decides to write some letters in the air with arm and others by moving head.
6. A student who has a visual impairment	bicep curls, heel touches	curl any body part, knee touches or move chin to chest	Student decides to do prescribed movement. Teacher assists by describing a bicep curl to student (who is unfamiliar with the movement) and gives the student hand-over-hand support, as necessary.

¹ *Physical Activity for People with a Disability*. Centers for Disease Control and Prevention (CDC) | USA Gov. (2022, July 27). www.cdc.gov/ncbddd/disabilityandhealth/features/physical-activity-for-all.html

² Haegele, J. A., & Maher, A. J. (2023). Toward a conceptual understanding of inclusion as intersubjective experiences. *Educational Researcher*, 52(6), 385-393.

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Credentials

Doctor of Philosophy, McGill University, Montreal, QC Canada, 2011

Master of Education, Adapted Physical Education, University of Virginia, Charlottesville, VA, USA 2004

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Modifications are suggestions that can be used to suit students with a wide variety of abilities, including for those with a disability. When possible, allow students to choose modifications or come up with their own modifications that best suit their abilities.

PK - All (Early Literacy) Developing Phonological Awareness: Rhyming Words

Movement 1	Modification 1	Movement 2	Modification 2
skip, flap arms, cross arms in X	raise knees or tap toes, raise or stretch out arms, cross any body parts in X	sway, hug self, cross arms in X	move head side to side, hug self, cross any body parts in X

PK - All (Early Literacy) Developing Phonological Awareness: Vowel Sounds

Movement 1	Modification 1	Movement 2	Modification 2
squat and say word	lean forward to touch knees or thighs and say word	jump up and say word	raise arms or knees and say word

PK - All (Early Literacy) Letters and Their Sounds

Movement 1	Modification 1	Movement 2	Modification 2
say letter name and reach across body, then say letter sound and reach across body	say letter name and turn head from left to right, then say letter sound and tilt head from left to right	lunge left/right	lean, tap foot, or tilt head left/right

PK - All (Early Literacy) Recognizing and Writing Uppercase Letters A-J

Movement 1	Modification 1	Movement 2	Modification 2
write letters in air	write letters in the air with head, toes, hand, or any body part	write letters in air	write letters in the air with head, toes, hand, or any body part

PK - All (Early Literacy) Recognizing and Writing Uppercase Letters K-T

Movement 1	Modification 1	Movement 2	Modification 2
write letters in air	write letters in the air with head, toes, hand, or any body part	write letters in air	write letters in the air with head, toes, hand, or any body part

PK - All (Early Literacy) Recognizing and Writing Uppercase Letters U-Z

Movement 1	Modification 1	Movement 2	Modification 2
write letters in air	write letters in the air with head, toes, hand, or any body part	write letters in air	write letters in the air with head, toes, hand, or any body part

PK - All (Early Literacy) Recognizing Lowercase Letters

Movement 1	Modification 1	Movement 2	Modification 2
put hands on hips and shout word	put hands on lap and say or shout word	squat and shout	lean forward to touch knees or thighs and say or shout word

PK - All (Early Literacy) Recognizing Lowercase Letters and Matching to Uppercase Letters

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right and shout word	lean, tap foot, or tilt head left/right and say or shout word	jump left/right and shout word	lean, tap foot, or tilt head left/right and say or shout word

PK - All (Early Literacy) Writing

Movement 1	Modification 1	Movement 2	Modification 2
trace lines in air	trace lines in air with head, toes, hand, or any body part	trace letters in air	trace lines in air with head, toes, hand, or any body part

PK - All (Language Development) Vocabulary: General

Movement 1	Modification 1	Movement 2	Modification 2
shout and jump/push, reach up and jump up	shout or say word and raise arms or knees, look up and raise arms or knees	walk, squat, and shout word	move or wheel forward, lean forward to touch knees or thighs, and shout or say word

PK - All (Language Development) Vocabulary: Position Words

Movement 1	Modification 1	Movement 2	Modification 2
jump up; squat; lunge left/right	raise arms or knees; lean forward to touch knees or thighs; lean, tap foot, or tilt head left/right	hold hands close together, stretch arms far apart	move chin to chest, sit as tall as possible

PK - All (Language Development) Vocabulary: Plurals

Movement 1	Modification 1	Movement 2	Modification 2
turn around one time, move arms like swimming fish and say s sound	turn head from left to right, then up and down, move arms or legs like swimming fish and say s sound	shout plural word and do two jumping jacks	say or shout plural word and stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible

PK - All (Language Development) Vocabulary: Opposites

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	shout opposite word then jump and squat	say or shout opposite word then raise arms or knees and lean forward

PK - All (Early Math) Basic Concepts of Geometry: Shapes

Movement 1	Modification 1	Movement 2	Modification 2
touch toes and shout word	touch head or knees and say or shout word	touch toes and shout word	touch head or knees and say or shout word

PK - All (Early Math) Categorizing by Attributes: Color, Same, and Different

Movement 1	Modification 1	Movement 2	Modification 2
push and step left/right	lean, tap foot, or tilt head left/right	make X with arms and shout word	hug self or make X with any body parts and shout or say word

PK - All (Early Math) Categorizing by Attributes: People, Animals, Food

Movement 1	Modification 1	Movement 2	Modification 2
high five, pet animal	high five, pet animal with any body part	step and reach left/right	lean, tap foot, or tilt head left/right

PK - All (Early Math) Colors

Movement 1	Modification 1	Movement 2	Modification 2
<ol style="list-style-type: none"> 1. kick 2. clap under leg and shout color word 3. eat berries 4. point 5. pick flowers 6. flip a coin 7. high five a friend 8. make circle with arms 9. pick apple in tree 10. bounce a basketball 11. run in place 12. dig in dirt 13. shake tail like squirrel 	<ol style="list-style-type: none"> 1. punch or bob head 2. touch knees and say or shout color word 3. - 13. complete with any body part: 3. eat berries 4. point 5. pick flowers 6. flip a coin 7. high five a friend or the air 8. make circle with toes or head 9. pick apple in tree 10. bounce a basketball 11. move or wheel in place 12. dig in dirt 13. shake tail like squirrel 	jump left/right	lean, tap foot, or tilt head left/right

PK - All (Early Math) Repeating Patterns

Movement 1	Modification 1	Movement 2	Modification 2
point to sky, put hands over heart	look up, cover heart in any way	turn around, clap three times	turn head from left to right, bob head three times

PK - All (Early Math) Time: Seasons and Days of the Week

Movement 1	Modification 1	Movement 2	Modification 2
jump to side	lean, tap foot, or tilt head to side	fan face with hands, pick a flower, shovel snow, rake leaves	tilt head side to side; with any body parts: pick a flower, shovel snow, rake leaves

PK - All (Early Math) Time: Yesterday, Today, Tomorrow and Morning, Noon, Night

Movement 1	Modification 1	Movement 2	Modification 2
reach up and shout "day," pretend to sleep and whisper, "night," wave hands and shout, "day and night"	look up or raise arms and say, "day," pretend to sleep and say or whisper, "night," wave hands or tilt head and say or shout, "day and night"	bend knees, jump and shout word	lean forward, raise arms or knees and say or shout word

PK - All (Early Math) Understanding Numbers 1-10

Movement 1	Modification 1	Movement 2	Modification 2
count, hold up fingers, and march; count, hold up fingers, and walk	count, hold up fingers or say numbers, tap knees; count, hold up fingers or say numbers, and tap knees or wheel	count and grab ball; count and bounce ball	count and reach or tilt head toward ball; count and bounce ball with hand, head, or any body part

PK - All (Early Math) Understanding Numbers 1-20

Movement 1	Modification 1	Movement 2	Modification 2
count and clap; count and flap arms	count and bob head; count and flap any body part or raise knees	count and stomp; count and walk	count and tap foot or count and tap hands on lap; count and wheel or move any body part

PK - All (Early Math) Units of Measurement: Bigger, Smaller, Taller

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	lunge left/right	lean, tap foot, or tilt head left/right

PK - All (Early Science) Living and Nonliving Things

Movement 1	Modification 1	Movement 2	Modification 2
wiggle, cross arms in X	wiggle any body part, hug self or make X with any body parts	run in place, stand still like statue	raise arms and knees or tap toes, be still like a statue

PK - All (Early Social Studies) Community Helpers

Movement 1	Modification 1	Movement 2	Modification 2
jump up and shout	raise arms or knees and shout	march left/right	lean, tap foot, or tilt head left/right

PK - All (Health & Safety) Health and Self-Care Sequencing

Movement 1	Modification 1	Movement 2	Modification 2
jump and say answer	raise arms or knees and say answer	jump left/right	lean, tap foot, or tilt head left/right

PK - All (Health & Safety) Nutrition and Exercise

Movement 1	Modification 1	Movement 2	Modification 2
squat or do the following exercises: 1. throw ball 2. jump rope 3. run in place 4. ride a bike 5. walk in place 6. paddle on left and right 7. dribble a basketball	lean forward to touch knees or thighs or do the following exercises: 1. roll or move ball 2. raise arms 3. raise knees or tap toes 4. move body as if riding a bike 5. move or wheel in place 6. paddle on left and right with any body part 7. move any body part to dribble a basketball	jump up and reach; walk	raise arms or knees and reach up; stand tall, move, or wheel

PK - All (Physical Development) Large Motor Experiences

Movement 1	Modification 1	Movement 2	Modification 2
<ol style="list-style-type: none"> 1. throw ball 2. jump up 3. jump like frog 4. hop like rabbit 5. carry box 6. crawl like ant 7. paddle on left/right 8. climb stairs 9. kick ball 10. reach up 11. run in place 12. stomp 13. play violin 14. flap arms 15. sway and float to ground 	<ol style="list-style-type: none"> 1. roll/move ball with any body part 2. move any body part up 3. move like frog 4. move like rabbit 5. carry box 6. move like ant 7. paddle on left/right 8. climb stairs 9. move ball with any body part 10. raise arms 11. move or wheel in place 12. tap foot 13. play violin with any body part 14. flap any body part 15. move head side to side 	<ol style="list-style-type: none"> 1. count aloud and do actions: 2. walk in place 3. lunge 4. jump 5. run in place 6. jump from side to side 7. swim motion with arms 8. jumping jacks 9. twirls 10. squats 11. knee lifts 12. put hands on hips and twist at waist 13. jump rope 14. kick legs 	<ol style="list-style-type: none"> 1. count aloud or on fingers and do actions: 2. walk or wheel in place 3. lean left/right 4. tap foot and tilt head left/right, raise arms or knees 5. move or wheel in place 6. tap toes from side to side 7. swim motion with any body parts 8. stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible 9. twirl any body parts 10. lean forward to touch knees or thighs 11. touch knees 12. lean left/right 13. raise arms or knees or touch toes 14. punch or bob head

PK - All (Social-Emotional Development) Feelings and Emotions

Movement 1	Modification 1	Movement 2	Modification 2
push and step left/right	lean, tap foot, or tilt head left/right	jump up and shout word	raise arms or knees and shout or say word

PK - All (Social-Emotional Development) Manners

Movement 1	Modification 1	Movement 2	Modification 2
turn and shake hands	tap elbows, air high five, fist bump to self or others, or say hello	smile and bow, stomp	smile and move chin to chest or lean forward, tap foot or hands on lap

K - ELA (Language) Antonyms

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot or tilt head left/right	shoot basketball, dribble a basketball	shoot basketball using any body part, dribble a basketball using any body part

K - ELA (Language) Capitalizing Words in Sentences

Movement 1	Modification 1	Movement 2	Modification 2
start in squat and jump up, then squat again	lean forward to touch knees or thighs	turn around	turn head to one side and hug self

K - ELA (Language) Categorizing Objects

Movement 1	Modification 1	Movement 2	Modification 2
hold up 10 fingers, jump into X, make circle with arms	hold up 10 fingers or do 10 toe taps, high knees or arms up, make circle with any body part	put hand over mouth then rub stomach, run in place, draw in air	move chin to chest then sit as tall as you can, move any body part, draw in air with any body part

K - ELA (Language) Connections Between Words and Their Uses

Movement 1	Modification 1	Movement 2	Modification 2
kick to left/right	punch or bob head left/right	snap arms up/down	snap any body part up/down

K - ELA (Language) Distinguishing Shades of Meaning in Verbs

Movement 1	Modification 1	Movement 2	Modification 2
bicep curls, heel touches	curl any body part, knee touches or put chin to chest	act out verbs	act out verbs with any body parts

K - ELA (Language) Forming Plurals

Movement 1	Modification 1	Movement 2	Modification 2
jump and shout word	raise arms or knees and say or shout	jumping jack and say or shout word	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; shout

K - ELA (Language) Identifying New Meanings of Familiar Words

Movement 1	Modification 1	Movement 2	Modification 2
make Y with arms, cross arms in X	make Y with any body part, cross any body parts in an X	make Y with arms, cross arms in X	make Y with any body part, cross any body parts in an X

K - ELA (Language) Printing Lowercase Letters

Movement 1	Modification 1	Movement 2	Modification 2
write letters in air	write letters in the air with head, toes, hand, or any body part	write letters in air	write letters in the air with head, toes, hand, or any body part

K - ELA (Language) Printing Uppercase Letters

Movement 1	Modification 1	Movement 2	Modification 2
write letters in air	write letters in the air with head, toes, hand, or any body part	write letters in air	write letters in the air with head, toes, hand, or any body part

K - ELA (Language) Recognizing and Naming Ending Punctuation

Movement 1	Modification 1	Movement 2	Modification 2
hold out arm as if saying stop, wiggle, squat then jump	hold out any body part as if saying stop, wiggle any body part, lean forward with arms up or high knees	hold out arm as if saying stop, wiggle, squat then jump	hold out any body part as if saying stop, wiggle any body part, lean forward with arms up or high knees

K - ELA (Language) Spelling Words Phonetically

Movement 1	Modification 1	Movement 2	Modification 2
write words in air	write words in the air with head, toes, or hand or any body part	write words in air	write words in the air with head, toes, or hand or any body part

K - ELA (Language) Using Inflections and Affixes

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	touch head, touch toes	tilt head side to side, touch knees

K - ELA (Language) Using Nouns and Verbs

Movement 1	Modification 1	Movement 2	Modification 2
put hands on hips, run in place	put hands on knees, move in place	twist with hands on hips, toe taps	lean left/right, tap knees or chin to chest

K - ELA (Language) Using Prepositions

Movement 1	Modification 1	Movement 2	Modification 2
jump up, touch toes	arms up or high knees, touch knees or head	slide left/right	lean, tap foot, or tilt head left/right

K - ELA (Language) Using Question Words

Movement 1	Modification 1	Movement 2	Modification 2
wiggle	wiggle any body part	flap arms, leg kickbacks	flap any body part, extend any body part

K - ELA (Language) Writing Letters for Consonants and Short Vowel Sounds

Movement 1	Modification 1	Movement 2	Modification 2
write words in air	write words in air with head, toes, hand, or any body part	write words in air	write words in air with head, toes, hand, or any body part

K - ELA (Reading: Foundational Skills) Basic Features of Print

Movement 1	Modification 1	Movement 2	Modification 2
point then sweep arm from top right to bottom left, then turn in circle	point then sweep any body part from top right to bottom left, then turn head to one side	jump and land with legs apart, jump and land with legs together	arms up or high knees and put arms and knees together, arms up or high knees and put arms and knees apart

K - ELA (Reading: Foundational Skills) Consonant Sounds

Movement 1	Modification 1	Movement 2	Modification 2
write letter in air; then jump and shout sound	write letter in the air any body part; then bob head and shout or say sound	say letter name and write letter in air; then shout sound	say letter name and write letter in the air with any body part, then shout or say sound

K - ELA (Reading: Foundational Skills) Long and Short Vowel Sounds

Movement 1	Modification 1	Movement 2	Modification 2
gallop left/right	wheel or move any body part left/right	stretch up, squat	look up, lean forward to touch knees or thighs

K - ELA (Reading: Foundational Skills) Naming Uppercase and Lowercase Letters

Movement 1	Modification 1	Movement 2	Modification 2
jump up and shout word	arms up or high knees and shout or say word	squat and touch toes and shout word	lean forward and touch knees or head and shout or say word

K - ELA (Reading: Foundational Skills) Onsets and Rimes in Spoken Words

Movement 1	Modification 1	Movement 2	Modification 2
say beginning sound and lunge left then say ending sound and lunge right then jump and say word	say beginning sound and lean, tap foot, or tilt head left then say ending sound and then lean, tap foot, or tilt head right and say word	heel touch on left/right	lean or touch head or knees on left/right

K - ELA (Reading: Foundational Skills) Phonemes in Spoken Words

Movement 1	Modification 1	Movement 2	Modification 2
reach up and say sound, then put hands on hips and say sound, then touch toes and say sound	look up and say sound, then put hands on knees or chin to chest and say sound, then touch knees or head and say sound	clap one time, clap two times, clap three times	bob head one time, bob head two times, bob head three times

K - ELA (Reading: Foundational Skills) Recognizing and Reading High Frequency Words

Movement 1	Modification 1	Movement 2	Modification 2
sway and say word	move head side to side and say word	jump left/right	lean, tap foot, or tilt head left/right

K - ELA (Reading: Foundational Skills) Rhyming Words

Movement 1	Modification 1	Movement 2	Modification 2
draw check mark, cross arms in X	draw a check mark with any body part, make X with any body part	draw check mark, cross arms in X	draw a check mark with any body part, make X with any body part

K - ELA (Reading: Foundational Skills) Substituting Phonemes in Spoken Words

Movement 1	Modification 1	Movement 2	Modification 2
reach up and say first sound, then put hands on hips and say middle sound, then touch toes and say final sound, then jump up and shout word	look up and say first sound, then put hands on knees or chin to chest and say middle sound, then touch knees or head and say final sound, then bob head and say word	reach up and say first sound, then put hands on hips and say middle sound, then touch toes and say final sound, then jump up and shout word	look up and say first sound, then put hands on knees or chin to chest and say middle sound, then touch knees or head and say final sound, then bob head and say word

K - ELA (Reading: Foundational Skills) Syllables in Spoken Words

Movement 1	Modification 1	Movement 2	Modification 2
stomp and say each syllable, then hold up one finger for each syllable	tap foot or hands on lap and say each syllable, then hold up one finger or tap toes for each syllable	jump and say each syllable, then shout number of syllables	arms up or high knees and say each syllable, then say number of syllables

K - ELA (Reading: Informational Text) Describing Connections Within Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jump up, squat	raise arms or knees, lean forward to touch knees or thighs	jump up, squat	raise arms or knees, lean forward to touch knees or thighs

K - ELA (Reading: Informational Text) Identifying Parts of an Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, cross arms in X	raise any body part and make a Y with any body part, cross any body part in X	jump into a Y, cross arms in X	make a Y with any body part, cross any body part in X

K - ELA (Reading: Informational Text) Questions About Key Details in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
make Y with body, jump into X	make Y with any body parts, make X with any body parts	make Y with body, jump into X	make Y with any body parts, make X with any body parts

K - ELA (Reading: Informational Text) Questions About Unknown Words in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
raise hand, jump up, touch toes	raise any body part, arms up or high knees, touch head or knees	jump up, touch toes	arms up or high knees, touch head or knees

K - ELA (Reading: Informational Text) Relationships Between Illustrations and Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, cross arms in X	make any body part into a Y, make X with any body parts	jump into a Y, cross arms in X	make any body part into a Y, make X with any body parts

K - ELA (Reading: Informational Text)
Retelling Topics and Key Details in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
hip circle with hands on hips, jump into X	make a circle with any body part, cross any body parts into X	hip circle with hands on hips, jump into X	make a circle with any body part, cross any body parts into X

K - ELA (Reading: Informational Text)
Roles of Authors and Illustrators in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
hip circle with hands on hips, jump and cross legs in X	make a circle with any body part, make X with any body parts	paint I in air; pretend to hold up camera and say, “click;” write in air	write I in air with head, toes, or hand; say, “click;” write in air with head, toes, or hand

K - ELA (Reading: Literature) Questions About Key Details

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, jump up and cross legs	make a Y with any body part, cross any body parts	jump into a Y, jump up and cross legs	make a Y with any body part, cross any body parts

K - ELA (Reading: Literature) Questions About Unknown Words in Literature

Movement 1	Modification 1	Movement 2	Modification 2
raise hand, jump up, touch toes	raise any body part, raise arms or knees, touch head or knees	jump up, touch toes	raise arms or knees, touch head or knees

K - ELA (Reading: Literature) Recognizing Common Types of Texts

Movement 1	Modification 1	Movement 2	Modification 2
jump up and wave hands; cross arms in X	raise arms or knees and wave any body part, cross any body parts into X	jump up and wave hands; cross arms in X	raise arms or knees and wave any body part, cross any body parts into X

K - ELA (Reading: Literature) Relationships Between Illustrations and Text

Movement 1	Modification 1	Movement 2	Modification 2
jump, squat	raise arms or knees, lean forward to touch knees or thighs	turn around, jump and cross legs in X	turn head to one side and hug self, make X with any body parts

K - ELA (Reading: Literature) Retelling Familiar Stories and Identify Characters, Settings, and Major Events

Movement 1	Modification 1	Movement 2	Modification 2
jump up with arms up, turn around and put hands on knees	raise arms or look up, turn head left to right and put hands on knees	jump up with arms up, turn around and put hands on knees	raise arms or look up, turn head left to right and put hands on knees

K - ELA (Reading: Literature) Roles of Authors and Illustrators in Literature

Movement 1	Modification 1	Movement 2	Modification 2
run in place; jumping jack	wheel or move in place; stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible	run in place; jumping jack	move or wheel in place; stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible

K - Math (Counting & Cardinality) Counting One More Than a Given Number

Movement 1	Modification 1	Movement 2	Modification 2
clap and count	bob head and count	count and do heel touches	count and do knee touches or move chin to chest

K - Math (Counting & Cardinality) Counting to 100, Counting by Tens, and Counting On

Movement 1	Modification 1	Movement 2	Modification 2
run in place	raise knees or tap toes	skip and flash 10 fingers	raise knees or tap toes and flash 10 fingers, tap toes 10 times, or say 10

K - Math (Counting & Cardinality) Counting to Tell How Many to 20

Movement 1	Modification 1	Movement 2	Modification 2
make Y with arms, cross arms in X	make Y with any body parts, cross any body parts in X	lunge left/right	lean, tap foot, or tilt head left/right

K - Math (Counting & Cardinality) Numbers and Arrangements of Objects

Movement 1	Modification 1	Movement 2	Modification 2
jump and count	raise arms or knees and count	count and stretch side to side	count and stretch or lean any body part side to side

K - Math (Counting & Cardinality) Numbers and Objects: Greater Than, Less Than, and Equal To

Movement 1	Modification 1	Movement 2	Modification 2
hold arms out straight and point fingers up, down, or straight	look up and point any body part up, down, or straight	hold arms out straight and point fingers up, down, or straight	look up and point any body part up, down, or straight

K - Math (Counting & Cardinality) Pairing Numbers and Objects

Movement 1	Modification 1	Movement 2	Modification 2
touch toes	touch head or knees or move chin to chest	touch toes	touch head or knees or move chin to chest

K - Math (Counting & Cardinality) Writing Numbers, Numbers to 20

Movement 1	Modification 1	Movement 2	Modification 2
write numbers in air	write numbers in air with head, toes, hand, or any body part	make a Y; cross arms in X	make a Y with arms or legs; hug self, or make X with any body parts

K - Math (Geometry) Analyzing and Comparing Two-Dimensional and Three-Dimensional Shapes

Movement 1	Modification 1	Movement 2	Modification 2
draw check mark, cross arms in X above head	draw check mark with any body part, make X with any body part	squat, jump	lean forward to touch knees or thighs, raise arms or knees

K - Math (Geometry) Describing Objects Using Positional Words

Movement 1	Modification 1	Movement 2	Modification 2
gallop left/right	wheel or move any body part left/right	jump up, touch toes	raise arms or knees, tap knees or bob head

K - Math (Geometry) Identifying Solid and Flat Shapes

Movement 1	Modification 1	Movement 2	Modification 2
snap arms together, bounce ball	snap any body parts together, bounce ball with any body part	snap arms together, bounce ball	snap any body parts together, bounce ball with any body part

K - Math (Geometry) Modeling and Building Shapes

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	draw shape in air, stack fists in air	draw shape in air with any body part, stack any body parts in air

K - Math (Geometry) Naming Two-Dimensional and Three-Dimensional Shapes

Movement 1	Modification 1	Movement 2	Modification 2
count and hold up fingers for number of sides, draw shape in air and say name	count and use any body part to show number of sides, draw shape in air with any body part and say name	grab shape and pull in to chest	grab shape with any body part and pull close to body

K - Math (Geometry) Using Simple Shapes to Form Larger Shapes

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	lunge left/right, jump up	lean, tap foot, or tilt head left/right

K - Math (Measurement & Data) Classifying Objects

Movement 1	Modification 1	Movement 2	Modification 2
jumping jack; cross arms above head in X	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; cross any body parts in X	hold up left hand and jump left; hold up right hand and jump right	lean, tap foot, or tilt head left; lean, tap foot, or tilt head right

K - Math (Measurement & Data) Describing and Comparing Attributes of Objects

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	lunge left/right	lean, tap foot, or tilt head left/right

**K - Math (Number & Operations in Base Ten)
Composing and Decomposing Numbers 11 to 19**

Movement 1	Modification 1	Movement 2	Modification 2
jump up and shout 10, then do heel touches	raise arms or knees and say 10, then touch lap, knee, or head	draw check mark, cross arms in X	draw check mark with any body part, hug self or cross any body parts in X

**K - Math (Operations & Algebraic Thinking)
Addition and Subtraction Using Pictures and Actions**

Movement 1	Modification 1	Movement 2	Modification 2
twist and count with hands on hips	lean left/right and count	draw line from shoulder to opposite hip to subtract each picture	draw line from shoulder to opposite hip with any body part to subtract each picture

K - Math (Operations & Algebraic Thinking) Addition and Subtraction Within 5

Movement 1	Modification 1	Movement 2	Modification 2
hold up fingers on left and right hands and count	bob head, tap knees or toes on left and right and count	hold up fingers on left hand then put fingers down to subtract	bob head and tap left knee then tap toes on left to subtract

K - Math (Operations & Algebraic Thinking) Addition and Subtraction Word Problems

Movement 1	Modification 1	Movement 2	Modification 2
make addition symbol with arms, make subtraction symbol with arms	make addition symbol with any body part, make subtraction symbol with any body part	clap high for first number and low for second number then jump and shout answer, shout first number then stomp and count backward and jump and shout answer	bob head for first number and tap any body part for second number then say answer, say first number then raise knees or bob head and count backward and say answer

K - Math (Operations & Algebraic Thinking) Decomposing Numbers in Multiple Ways

Movement 1	Modification 1	Movement 2	Modification 2
draw check mark, cross arms in X	draw check mark with any body part, hug self or cross any body parts in X	paddle on left/right	paddle on left/right using any body part

K - Math (Operations & Algebraic Thinking) Number Combinations That Make 10

Movement 1	Modification 1	Movement 2	Modification 2
touch each toe with opposite hand, cross arms in X	touch knees with opposite hand or bob head left/right, cross any body parts in X	tap head and say number then march and count to 10	bob head and say number then move any body part and count to 10

1 - ELA (Language) Capitalizing Dates and Names

Movement 1	Modification 1	Movement 2	Modification 2
scoop arms and point thumbs to chest, stretch arms, draw check mark	scoop any body part and point to chest, stretch arms or legs, draw check mark with any body part	gallop left/right	move body to left/right in any way

1 - ELA (Language) Categorizing Words

Movement 1	Modification 1	Movement 2	Modification 2
put hand over mouth then rub stomach, run in place, put hands on hips and jump	move any body part, put hands on knees or bob head, arms up or high knees	gallop and stretch left/right	wheel or move any body part and lean left/right

1 - ELA (Language) Connections Between Words and Their Uses

Movement 1	Modification 1	Movement 2	Modification 2
rub stomach, jump and land with legs apart, march	arms up or high knees, move arms and knees apart, wheel or move any body part	jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs

1 - ELA (Language) Defining Words by Category and Key Attributes

Movement 1	Modification 1	Movement 2	Modification 2
point left/right and kick left/right	point with any body part left/right	jumping jack; toe touches	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; knee touches or move chin to chest

1 - ELA (Language) Distinguishing Shades of Meaning in Verbs and Adjectives

Movement 1	Modification 1	Movement 2	Modification 2
grapevine step left/right	lean or move head left/right	bicep curls, squat	curl any body part, lean forward to touch knees or thighs

1 - ELA (Language) Identifying Root Words and Their Inflectional Forms

Movement 1	Modification 1	Movement 2	Modification 2
dig and toss dirt over left/right shoulder	dig with any body part and toss dirt over left/right shoulder	jump forward, jump backward, squat	move any body part forward, move any body part backward, lean forward to touch knees or thighs

1 - ELA (Language) Printing Lowercase Letters

Movement 1	Modification 1	Movement 2	Modification 2
write letters in air	write letters in the air with head, toes, hand, or any body part	write letters in air	write letters in the air with head, toes, hand, or any body part

1 - ELA (Language) Printing Uppercase Letters

Movement 1	Modification 1	Movement 2	Modification 2
write letters in air	write letters in the air with head, toes, hand, or any body part	write letters in air	write letters in the air with head, toes, hand, or any body part

1 - ELA (Language) Simple and Compound Declarative, Interrogative, Imperative, and Exclamatory Sentences

Movement 1	Modification 1	Movement 2	Modification 2
bicep curls, leg kickbacks	curl any body part, extend any body part	stretch up, touch toes	look up, touch knees or thighs

1 - ELA (Language) Using Adjectives

Movement 1	Modification 1	Movement 2	Modification 2
ski jump left/right	lean, tap foot, and tilt head left/right	stretch up, squat	reach up with any body part, lean forward to touch knees or thighs

1 - ELA (Language) Using Affixes as Clues to Word Meaning

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs

1 - ELA (Language) Using Commas in Dates and Lists

Movement 1	Modification 1	Movement 2	Modification 2
make circle with arms, jump up and sweep arm from top to bottom like comma	make circle with any body part, arms up or high knees and sweep any body part from top to bottom like comma	run in place; jumping jack	move or wheel in place; stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible

1 - ELA (Language) Using Common, Proper, and Possessive Nouns

Movement 1	Modification 1	Movement 2	Modification 2
make C with arms; turn around; sweep arm from top to bottom like apostrophe	make C with arms, hands, legs, toes, or head; turn to one side; sweep any body part top to bottom like apostrophe	hip circle, march, point up then down like apostrophe	make a circle with any body part, move any body part, point up then down like apostrophe with any body part

1 - ELA (Language) Using Conjunctions

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	rainbow stretch left/right	lean, tap foot, or tilt head left/right

1 - ELA (Language) Using Context Clues to Determine Meaning Within Sentences

Movement 1	Modification 1	Movement 2	Modification 2
heel touch left/right	knee touches on left/right or move chin to chest	reach up, touch toes	look up, knee touches or move chin to chest

1 - ELA (Language) Using Conventional Spelling

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	jump up like cheerleader with legs out and arms up, jump and cross arms and legs in X	arms up or high knees, cross any body part in X

1 - ELA (Language) Using Determiners

Movement 1	Modification 1	Movement 2	Modification 2
snap arms left/right	snap any body part left/right	jumping jack, squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs

1 - ELA (Language) Using Ending Punctuation

Movement 1	Modification 1	Movement 2	Modification 2
squat and touch toes, jump up with arms in air, wiggle	lean forward to touch knees or thighs, high knees with arms up, wiggle any body part	reach up, touch toes	look up, touch knees or thighs

1 - ELA (Language) Using Personal, Possessive, and Indefinite Pronouns

Movement 1	Modification 1	Movement 2	Modification 2
move thumbs to chest, hug self, wiggle	point to self with any body part, hug self, wiggle any body part	point up, down, then up again; windmill	move any body part up, down, then up again; move like windmill

1 - ELA (Language) Using Phonetic Spelling for Uncommon Words

Movement 1	Modification 1	Movement 2	Modification 2
stretch left/right	lean left/right	say word and write word in air	say word and write word in air with head, toes, or hand

1 - ELA (Language) Using Prepositions

Movement 1	Modification 1	Movement 2	Modification 2
grapevine step left/right	lean or move head left/right	jump left/right	lean, tap foot, or tilt head left/right

1 - ELA (Language) Using Singular and Plural Nouns with Matching Verbs

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	bicep curls, leg kickbacks	curl any body part, extend any body part

1 - ELA (Language) Using Verbs to Convey Past, Present, and Future

Movement 1	Modification 1	Movement 2	Modification 2
jump backward, jump up, jump forward	move any body part backward, up, forward	wave hands at feet, wave hands at waist, wave hands at head	wave any body part at feet, waist, head

1 - ELA (Reading: Foundational Skills) Blending Sounds in Spoken Words

Movement 1	Modification 1	Movement 2	Modification 2
touch head and say first sound, then shoulders and say second sound, then knees and say third sound, then toes and say final sound	look up and say first sound, then touch shoulders or move chin to chest and say second sound, then touch knees and say third sound, then look down and say final sound	reach up and say first sound, then put hands on hips and say middle sound, then touch toes and say final sound	look up and say first sound, then touch shoulders or move chin to chest and say middle sound, then touch knees and say final sound

1 - ELA (Reading: Foundational Skills) Decoding One-Syllable Words

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	jump left/right	lean, tap foot, or tilt head left/right

1 - ELA (Reading: Foundational Skills) Decoding Two-Syllable Words

Movement 1	Modification 1	Movement 2	Modification 2
two heel touches left/right	two knee touches left/right or move chin to chest two times	clap hands above head, clap hands at knees	look up or arms up, lean forward to touch knees

1 - ELA (Reading: Foundational Skills) Final "e" and Common Vowel Teams for Long Vowels

Movement 1	Modification 1	Movement 2	Modification 2
ski jump left/right	lean, tap foot, or tilt head left/right	touch left foot with left hand, touch right foot with right hand	touch left knee with left hand or bob head to left, touch right knee with right hand or bob head to right

1 - ELA (Reading: Foundational Skills) Long and Short Vowel Sounds

Movement 1	Modification 1	Movement 2	Modification 2
jump up, squat	lean forward to touch knees or thighs	lunge left/right	lean, tap foot, or tilt head left/right

1 - ELA (Reading: Foundational Skills) Reading Words with Inflectional Endings

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right; jump up	lean, tap foot, or tilt head left/right; look up or reach up	wiggle, run in place, jump backward	wiggle any body part, wheel or move any body part in place, move any body part backward

**1 - ELA (Reading: Foundational Skills)
Recognizing and Reading Irregularly Spelled Words**

Movement 1	Modification 1	Movement 2	Modification 2
stretch up and jump, twist with hands on hips, touch toes	look up and high knees, lean left/right with hands on knees, tap knees or head	lunge left/right with corresponding hand on hip	lean, tap foot, or tilt head left/right

**1 - ELA (Reading: Foundational Skills)
Segmenting Spoken Words into Initial, Medial, and Final Sounds**

Movement 1	Modification 1	Movement 2	Modification 2
reach up and say first sound, then stretch out in front and say middle sound, then touch toes and say final sound	look up and say first sound, then put hands on shoulders or chin to chest and say middle sound, then touch knees and say final sound	clap above head and say first sound, then clap at waist and say middle sound, then clap at knees and say final sound	look up and say first sound, then put hands on shoulders or chin to chest and say middle sound, then touch knees and say final sound

1 - ELA (Reading: Foundational Skills) Sentence Features

Movement 1	Modification 1	Movement 2	Modification 2
jump up, hold out arm as if saying stop	arms up or high knees, hold out any body part as if saying stop	stretch out arms to sides, squat, jump up, wiggle	stretch out any body part, lean forward to touch thighs, arms up or high knees, wiggle

1 - ELA (Reading: Foundational Skills) Spelling-Sound Correspondence for Consonant Digraphs

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	stretch up, touch toes	look up, touch knees or head

1 - ELA (Reading: Foundational Skills) Vowels in Syllables

Movement 1	Modification 1	Movement 2	Modification 2
say word and clap for each syllable	say word and bob head or tap toe for each syllable	slide left/right	lean, tap foot, or tilt head left/right and high knees or tap hands on lap

1 - ELA (Reading: Informational Text) Describing Connections Within Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, jump into X	make an Y with any body part, make X with any body parts	jump into a Y, jump into X	make an Y with any body part, make X with any body parts

1 - ELA (Reading: Informational Text) Distinguishing Between Information from Words Versus Illustrations in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, jump into an X	make an Y with any body part, make an X with any body part	jump into a Y, jump into an X	make an Y with any body part, make an X with any body part

1 - ELA (Reading: Informational Text)
Identifying Main Topics and Key Details in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jump and cheer, cross arms in X over knees	arms up or high knees and cheer, make X with any body parts	jump and cheer, cross arms in X over knees	arms up or high knees and cheer, make X with any body parts

1 - ELA (Reading: Informational Text)
Questions About Key Details in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jumping jack, squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs	jumping jack, squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs

1 - ELA (Reading: Informational Text)
Questions About Unknown Words or Phrases in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
raise hand, jump into a Y, jump and cross legs in X	raise any body part, make a Y with any body part, cross any body parts into X	jump into a Y, jump and cross legs in X	make a Y with any body parts, make X with any body parts

**1 - ELA (Reading: Informational Text) Using Illustrations
and Details to Describe Key Ideas in Informational Text**

Movement 1	Modification 1	Movement 2	Modification 2
jump and cheer, cross arms in X	arms up or high knees and cheer, cross any body parts in X	jump and cheer, cross arms in X	arms up or high knees and cheer, cross any body parts in X

1 - ELA (Reading: Informational Text) Using Text Features to Locate Information

Movement 1	Modification 1	Movement 2	Modification 2
hip circle with hands on hips; jumping jack	make a circle with any body part; stretch arms out then up two times, sit as tall as possible or look up, reach as far as possible	hip circle with hands on hips; jumping jack	make a circle with any body part; stretch arms out then up two times, sit as tall as possible or look up, reach as far as possible

1 - ELA (Reading: Literature) Explaining Differences Between Stories and Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
run in place; jumping jack	wheel or move in place; stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible	run in place; jumping jack	move or wheel in place; stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible

1 - ELA (Reading: Literature) Identifying Words and Phrases that Suggest Feelings or Appeal to Senses

Movement 1	Modification 1	Movement 2	Modification 2
lift left leg/right leg	lift any body part left/right	slide left and hop; slide right and hop	lean left, tap foot left, tilt head left and high knees or tap hands on lap; lean right, tap foot right, tilt head right and high knees or tap hands on lap

1 - ELA (Reading: Literature) Questions About Key Details

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, jump up and cross arms and legs	make any body part into a Y, cross any body parts in X	jump into a Y, jump up and cross arms and legs	make any body part into a Y, cross any body parts in X

1 - ELA (Reading: Literature) Retelling Stories and Describing Characters, Settings, and Events Using Key Details

Movement 1	Modification 1	Movement 2	Modification 2
hip circle with hands on hips, jump and cross legs in X	make a circle with any body part, cross any body parts in X	hip circle with hands on hips, jump and cross legs in X	make a circle with any body part, cross any body parts in X

1 - ELA (Reading: Literature) Using Illustrations and Details in Stories to Describe Characters, Settings, and Events

Movement 1	Modification 1	Movement 2	Modification 2
make C with arms, S with arms, E with arms and leg	make or draw C, S, and E with any body part	make C with arms, S with arms, E with arms and leg	make or draw C, S, and E with any body part

1 - Math (Geometry) Attributes of Shapes

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right and clap for number	lean, tap foot, or tilt head left/right; tap hands on lap or bob head for number	gallop left/right, heel touches	move any body part left/right, touch knees or bob head

1 - Math (Geometry) Composing Composite Shapes

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right and clap for number	lean, tap foot, or tilt head left/right; tap hands on lap or bob head for number	gallop left/right, heel touches	move any body part left/right, touch knees or bob head

1 - Math (Geometry) Dividing Circles and Rectangles into Halves and Quarters

Movement 1	Modification 1	Movement 2	Modification 2
two toe touches, jump up four times, cross arms in X	two knee touches or put chin to chest two times; high knees or arms up four times, hug self	ski jump left/right	lean, tap foot, or tilt head left/right

1 - Math (Measurement & Data) Expressing the Length of an Object

Movement 1	Modification 1	Movement 2	Modification 2
jump and count objects	arms up or high knees and count objects	slide left/right	lean, tap foot, or tilt head left/right

1 - Math (Measurement & Data) Ordering and Comparing Objects by Length

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, and tilt head left/right	bicep curls, leg kickbacks	curl any body part, extend any body part

1 - Math (Measurement & Data) Telling Time to Hour and Half-Hour

Movement 1	Modification 1	Movement 2	Modification 2
make clock hands with arms/legs	make clock hands with any body part	make clock hands with arms to point left/right	make clock hands with any body part to point left/right

1 - Math (Measurement & Data) Understanding Data with up to Three Categories

Movement 1	Modification 1	Movement 2	Modification 2
twist and clap left/right	lean left/right and bob head or tap toes left/right	gallop left/right	lean, tap foot, or tilt head left/right

1 - Math (Number & Operations in Base Ten) 10 to 100 as Groups of Tens

Movement 1	Modification 1	Movement 2	Modification 2
count and jump up and flash 10 fingers	count and arms up or high knees and use any body part to flash 10 times	count and do heel touches	count and do knee touches or put chin to chest

1 - Math (Number & Operations in Base Ten) Adding One-Digit and Two-Digit Numbers Within 100

Movement 1	Modification 1	Movement 2	Modification 2
twist and clap left/right	lean left/right and bob head left/right	log roll jump to left/right	lean, tap foot, and tilt head left/right

1 - Math (Number & Operations in Base Ten) Comparing Two-Digit Numbers with Symbols

Movement 1	Modification 1	Movement 2	Modification 2
alligator arms open to left/right, stack arms	make alligator mouth with any body part to left or right, hug self	alligator arms open to left/right, stack arms	make alligator mouth with any body part to left or right, hug self

1 - Math (Number & Operations in Base Ten) Counting to 120 and Representing Objects as Numerals

Movement 1	Modification 1	Movement 2	Modification 2
touch head, touch toes	tilt head side to side, touch knees	hold up left hand and jump left; hold up right hand and jump right	lean, tap foot, or tilt head left; lean, tap foot, or tilt head right

1 - Math (Number & Operations in Base Ten) Mentally Finding 10 More or 10 Less

Movement 1	Modification 1	Movement 2	Modification 2
lunge forward with left/right leg and hold up 10 fingers	lean left/right and hold up any body part to count to 10	ski jump left/right	lean, tap foot, or tilt head left/right

1 - Math (Number & Operations in Base Ten)
Numbers from 11 to 19 as a Ten and Ones

Movement 1	Modification 1	Movement 2	Modification 2
reach up to count	look up and count	gallop left/right	wheel or move any body part left/right

1 - Math (Number & Operations in Base Ten)
Subtracting Multiples of 10 from Multiples of 10

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	bicep curls, leg kickbacks	curl any body part, extend any body part

1 - Math (Number & Operations in Base Ten)
Understanding 10 as Bundles of Ten Ones

Movement 1	Modification 1	Movement 2	Modification 2
count and stack blocks	count and stack blocks with any body part	count and sweep sticks	count and sweep sticks with any body part

1 - Math (Operations & Algebraic Thinking)
Addition and Subtraction Word Problems Within 20

Movement 1	Modification 1	Movement 2	Modification 2
slide left/right	lean, tap foot, or tilt head left/right	march	wheel or move any body part up and down

1 - Math (Operations & Algebraic Thinking)
Addition Word Problems with Three Numbers and Sums to 20

Movement 1	Modification 1	Movement 2	Modification 2
draw check mark; jump into X	draw check mark with finger, arm, leg, or head; make X with any body parts	touch left hand to left foot, touch right hand to right foot	touch left hand to left knee or bob head to left, touch right hand to right knee or bob head to right

1 - Math (Operations & Algebraic Thinking)
Determining Unknown Numbers in Equations

Movement 1	Modification 1	Movement 2	Modification 2
flap arms, hop like frog	flap any body part, move like frog with any body part	rainbow stretch left/right	lean, tap foot, or tilt head left/right

1 - Math (Operations & Algebraic Thinking)
Meaning of Equal Sign and True or False Equations

Movement 1	Modification 1	Movement 2	Modification 2
make addition symbol with arms, make subtraction symbol with arms	make or draw addition symbol with any body part, make or draw subtraction symbol with any body part	make T with body, make F with body	make or draw T with any body part, make or draw F with any body part

1 - Math (Operations & Algebraic Thinking)
Properties of Operations for Addition and Subtraction

Movement 1	Modification 1	Movement 2	Modification 2
clap and stomp; turn around or cross arms in X	bob head and tap foot or hands on lap; turn head to one side and hug self or cross any body parts in X	jump up to show sum and shout	arms up or high knees to show sum and say or shout

1 - Math (Operations & Algebraic Thinking)
Relating Counting to Addition and Subtraction

Movement 1	Modification 1	Movement 2	Modification 2
swim motion forward with arms to add	swim motion forward with any body part with arms to add	swim motion forward with arms to add	swim motion backward with any body part to subtract

1 - Math (Operations & Algebraic Thinking)
Strategies for Addition and Subtraction Within 20

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	lift left leg/right leg	lift any left body part/right body part

1 - Math (Operations & Algebraic Thinking)
Subtraction as Unknown-Addend Problems

Movement 1	Modification 1	Movement 2	Modification 2
jumping jacks to show answer	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible	jump to show answer	arms up or high knees to show answer

2 - ELA (Language) Capitalizing Holidays, Product Names, and Geographic Names

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	rainbow stretch left/right, touch toes	lean, tap foot, or tilt head left/right, touch knees or toes

2 - ELA (Language) Comparing Formal and Informal Uses of English

Movement 1	Modification 1	Movement 2	Modification 2
stand at attention and salute, slouch	stand or sit as tall as possible and salute or nod slouch	make F with body, make I with body	make F with any body parts, make I with any body parts

2 - ELA (Language) Distinguishing Shades of Meaning in Verbs and Adjectives

Movement 1	Modification 1	Movement 2	Modification 2
grapevine step left/right	lean or move head left to right	raise the roof, squat	look up, lean forward to touch knees or thighs

2 - ELA (Language) Generalizing Spelling Patterns When Writing

Movement 1	Modification 1	Movement 2	Modification 2
stretch left/right	stretch any body part left/right or look left/right	jump up, heel touches	arms up or high knees, knee touches or move chin to chest

2 - ELA (Language) Identifying Real-Life Connections Between Words and Their Uses

Movement 1	Modification 1	Movement 2	Modification 2
twist and clap left/right	lean left/right and bob head or tap knees left/right	clap hands above head, pat knees	bob head, pat any body part

2 - ELA (Language) Using Adjectives and Adverbs

Movement 1	Modification 1	Movement 2	Modification 2
sweep arms left/right	sweep any body part left/right	reach up, sit in air	look up, lean forward

2 - ELA (Language) Using Apostrophes in Contractions and Possessives

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs

2 - ELA (Language) Using Collective Nouns

Movement 1	Modification 1	Movement 2	Modification 2
log roll jump left/right	lean, tap foot, or tilt head left/right	clap hands above head, clap hands at knees	arms up or bob head, lean forward or touch knees

2 - ELA (Language) Using Commas in Greetings and Closings of Letters

Movement 1	Modification 1	Movement 2	Modification 2
slice arm top to bottom on left/right	slice any body part top to bottom on left/right	rainbow stretch left/right	lean, tap foot, or tilt head left/right

2 - ELA (Language) Using Context Clues to Determine Meaning Within Sentences

Movement 1	Modification 1	Movement 2	Modification 2
snap arms left/right	snap any body parts left/right	make Y with arms, cross arms in X	make Y with any body parts, hug self in X

2 - ELA (Language) Using Irregular Plural Nouns

Movement 1	Modification 1	Movement 2	Modification 2
log roll jump left/right	lean, tap foot, or tilt head left/right	jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs

2 - ELA (Language) Using Past Tense and Irregular Verbs

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs

2 - ELA (Language) Using Prefixes to Determine Meaning

Movement 1	Modification 1	Movement 2	Modification 2
grapevine step left/right	lean or move head left/right	jumping jack; touch toes	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; touch knees or thighs

2 - ELA (Language) Using Prior Knowledge to Predict Compound Word Meanings

Movement 1	Modification 1	Movement 2	Modification 2
lift left leg/right leg	lift any left/right body part	clap hands above head twice, do two heel touches	bob head twice, touch knees twice or move chin to chest twice

2 - ELA (Language) Using Reflexive Pronouns

Movement 1	Modification 1	Movement 2	Modification 2
log roll jump left/right	lean, tap foot, or tilt head left/right	bicep curls, leg kickbacks	curl any body part, extend any body part

2 - ELA (Language) Using Root Words to Determine Meaning

Movement 1	Modification 1	Movement 2	Modification 2
jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs	dig and toss dirt over left/right shoulder	dig with any body parts and toss dirt over left/right shoulder

2 - ELA (Language) Working with Simple and Compound Sentences

Movement 1	Modification 1	Movement 2	Modification 2
jump up once, jump up then jump and land with legs apart	arms up or high knees, put arms and knees together and then apart	bicep curls, leg kickbacks	curl any body part, extend any body part

2 - ELA (Reading: Foundational Skills) Decoding Two-Syllable Words with Long Vowels

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	start with legs apart and lunge to left and say first syllable and lunge to right and say second syllable	lean, tap foot, or tilt head left and say first syllable and lean, tap foot, or tilt head right and say second syllable

2 - ELA (Reading: Foundational Skills) Decoding Words with Common Prefixes and Suffixes

Movement 1	Modification 1	Movement 2	Modification 2
jumping jack; heel touches	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; knee touches or move chin to chest	lunge left/right	lean, tap foot, or tilt head left/right

2 - ELA (Reading: Foundational Skills) Distinguishing Long and Short Vowels While Reading

Movement 1	Modification 1	Movement 2	Modification 2
stretch out arms to sides, squat	lean forward to touch knees or thighs	stretch out arms to sides, squat	lean forward to touch knees or thighs

2 - ELA (Reading: Foundational Skills) Identifying Words with Inconsistent but Common Spelling-Sound Correspondence

Movement 1	Modification 1	Movement 2	Modification 2
jump and cheer, cross arms in X	arms up or high knees and cheer, make X with any body part	lunge left/right	lean, tap foot, or tilt head left/right

2 - ELA (Reading: Foundational Skills) Reading Irregularly Spelled Words

Movement 1	Modification 1	Movement 2	Modification 2
reach up, twist with hands on hips, touch toes	look up, lean left/right, touch knees or head	lunge forward with left leg/right leg	lean forward to left/right

**2 - ELA (Reading: Foundational Skills)
Spelling-Sound Correspondence for Common Vowel Teams**

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right, twist with hands on hips	tap foot or tilt head left/right, lean left/right	rainbow stretch left/right	lean, tap foot, or tilt head left/right

**2 - ELA (Reading: Informational Text)
Describing Connections Within Informational Text**

Movement 1	Modification 1	Movement 2	Modification 2
hip circle with hands on hips, jump and cross legs in X	make a circle with any body part, cross any body parts into X	hip circle with hands on hips, jump and cross legs in X	make a circle with any body part, cross any body parts into X

2 - ELA (Reading: Informational Text) Determining Meaning in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, jump into X	make a Y with any body parts, make an X with any body parts	jump into a Y, jump into an X	make a Y with any body parts, make an X with any body parts

2 - ELA (Reading: Informational Text) Identifying Main Topics and Paragraph Focus in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jump and cheer, squat	reach up or look up, lean forward to touch knees or thighs	jump and cheer, squat	reach up or look up, lean forward to touch knees or thighs

2 - ELA (Reading: Informational Text) Questions that Show Understanding of Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
draw check mark, cross arms in X	draw check mark with any body part, cross any body parts in X	draw check mark, cross arms in X	draw check mark with any body part, cross any body parts in X

2 - ELA (Reading: Informational Text) Using Images for Clarification in Informational Text

Movement 1	Modification 1	Movement 2	Modification 2
jump, squat	reach up or look up, lean forward to touch knees or thighs	jump, squat	reach up or look up, lean forward to touch knees or thighs

2 - ELA (Reading: Informational Text) Using Text Features to Locate Information

Movement 1	Modification 1	Movement 2	Modification 2
hip circle with hands on hips, jump and cross legs in X	make a circle with any body part, cross any body parts into X	hip circle with hands on hips, jump and cross legs in X	make a circle with any body part, cross any body parts into X

2 - ELA (Reading: Literature) Describe Story Structure (Beginning/Middle/End)

Movement 1	Modification 1	Movement 2	Modification 2
stretch up, twist with hands on hips, heel touches, jumping jack	look up; lean left/right; knee touches or chin to chest; stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible	make T with body, make F with body	make T with any body parts, make F with any body parts

2 - ELA (Reading: Literature) Describing How Characters Respond to Major Events and Challenges

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, make N with arms	make an Y with any body parts, make N with any body parts	jump into a Y, make N with arms	make an Y with any body parts, make N with any body parts

2 - ELA (Reading: Literature) Describing How Words and Phrases Provide Rhythm and Meaning

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, touch opposite knees in X	make an Y with any body parts, cross any body parts in X	wave arms, cross arms in X	wave any body parts, hug self or cross any body parts in X

2 - ELA (Reading: Literature) Questions that Show Understanding of Literature

Movement 1	Modification 1	Movement 2	Modification 2
jump into a Y, jump up and cross arms and legs	make a Y with any body parts and cross any body parts	jump into a Y, jump up and cross arms and legs	make a Y with any body parts and cross any body parts

2 - ELA (Reading: Literature) Using Information from Illustrations and Words to Show Understanding of Characters, Settings, and Events

Movement 1	Modification 1	Movement 2	Modification 2
make T with body, make F with body	make T with any body parts, make F with any body parts	jump into a Y, jump up and cross arms and legs	make a Y with any body parts, cross any body parts

2 - Math (Geometry) Dividing Circles and Rectangles into Halves, Quarters, and Thirds

Movement 1	Modification 1	Movement 2	Modification 2
stretch left/right, twist side to side with hands on hips	lean left/right with hands on knees or bob head	grapevine step left/right	lean or move head left/right

2 - Math (Geometry) Dividing Rectangles into Equals Rows and Columns

Movement 1	Modification 1	Movement 2	Modification 2
jumping jack, squat	lean forward to touch knees or thighs	log roll jump to left/right	lean, tap foot, or tilt head left/right

2 - Math (Geometry) Identifying and Drawing Shapes with Specified Attributes

Movement 1	Modification 1	Movement 2	Modification 2
jumping jack; twist with hands on hips; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; look left/right; lean forward to touch knees or thighs	lunge left/right	lean, tap foot, or tilt head left/right

2 - Math (Measurement & Data) Addition and Subtraction Word Problems Within 100 Involving Lengths

Movement 1	Modification 1	Movement 2	Modification 2
heel touch left/right	knee touches left/right or move chin to chest	jump on one foot to show answer	arms up or high knees to show answer

2 - Math (Measurement & Data) Estimating Standard Lengths

Movement 1	Modification 1	Movement 2	Modification 2
stretch up, touch toes	look up, touch knees or toes	grapevine step left/right	lean or move head left/right

2 - Math (Measurement & Data) Measuring and Comparing Lengths of Standard Units

Movement 1	Modification 1	Movement 2	Modification 2
bicep curls, leg kickbacks	curl any body part, extend any body part	log roll jump to left/right	lean, tap foot, or tilt head left/right

2 - Math (Measurement & Data)

Measuring and Comparing Lengths Using Different Units

Movement 1	Modification 1	Movement 2	Modification 2
jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs	jump left/right	lean, tap foot, or tilt head left/right

2 - Math (Measurement & Data) Measuring Length and Making Line Plots

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	slide left/right	lean, tap foot, or tilt head left/right

2 - Math (Measurement & Data) Measuring Lengths Using Tools

Movement 1	Modification 1	Movement 2	Modification 2
bicep curls, squat	curl any body part, lean forward to touch knees or thighs	log roll jump to left/right	lean, tap foot, or tilt head left/right

2 - Math (Measurement & Data) Picture and Bar Graphs

Movement 1	Modification 1	Movement 2	Modification 2
twist and clap left/right	lean left/right and bob head or tap toes left/right	jump left/right	lean, tap foot, or tilt head left/right

2 - Math (Measurement & Data) Representing Whole Numbers on a Number Line

Movement 1	Modification 1	Movement 2	Modification 2
stretch up and jump, jump then squat	reach up or look up, lean forward to touch knees or thighs	count and jump	count and arms up or high knees

2 - Math (Measurement & Data) Solving Word Problems with Money

Movement 1	Modification 1	Movement 2	Modification 2
twist and clap left/right	lean left/right and bob head or tap toes left/right	kick left/right	punch or bob head left/right

**2 - Math (Measurement & Data)
Time (Using a.m. and p.m.) to the Nearest 5 Minutes**

Movement 1	Modification 1	Movement 2	Modification 2
jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs	make clock hands with arms to point left/right	make clock hands with any body parts to point left/right

2 - Math (Number & Operations in Base Ten) 100 to 900 as Groups of Hundreds

Movement 1	Modification 1	Movement 2	Modification 2
grapevine step left/right	lean or move head left/right	rainbow stretch left/right	lean, tap foot, or tilt head left/right

2 - Math (Number & Operations in Base Ten)
Addition and Subtraction Within 1000 Using Multiple Strategies

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	stretch left/right	lean left/right

2 - Math (Number & Operations in Base Ten)
Addition of up to Four Two-Digit Numbers Using Place Value and Operations

Movement 1	Modification 1	Movement 2	Modification 2
lunge left/right	lean, tap foot, or tilt head left/right	slide left/right and clap	lean, tap foot, or tilt head left/right and bob head

2 - Math (Number & Operations in Base Ten)
Comparing Three-Digit Numbers Using Symbols

Movement 1	Modification 1	Movement 2	Modification 2
snap arms left/right, fold arms	snap any body part left/right, fold any body part	snap arms left/right, fold arms	snap any body part left/right, fold any body part

2 - Math (Number & Operations in Base Ten)
Counting Within 1000; Skip Counting by 5s, 10s, and 100s

Movement 1	Modification 1	Movement 2	Modification 2
jump up and hold up 5 fingers, jump down and hold up 10 fingers, run in place	arms up or high knees and bob head or tap toes for 5 then for 10, wheel or move or in place	slide left/right	lean, tap foot, or tilt head left/right

2 - Math (Number & Operations in Base Ten)
Fluent Addition and Subtraction Within 100 Using Multiple Strategies

Movement 1	Modification 1	Movement 2	Modification 2
log roll jump left/right and shout word	lean, tap foot, or tilt head left/right and shout or say word	jumping jack and shout word, squat and shout word	shout or say word and stretch arms out and up twice, look up, reach as far as possible; lean forward to touch knees or thighs and shout or say word

2 - Math (Number & Operations in Base Ten)
Mental Addition and Subtraction of 10 or 100 to a Number 100-900

Movement 1	Modification 1	Movement 2	Modification 2
stomp for hundreds and clap for tens	reach up or high knees for hundreds and bob head or tap toes for tens	gallop left/right	wheel or move any body part left/right

2 - Math (Number & Operations in Base Ten) Reading and Writing Numbers to 1000 Using Base-Ten, Number Names, and Expanded Form

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	jump up, squat	reach up or look up, lean forward to touch knees or thighs

2 - Math (Number & Operations in Base Ten)
Understanding Hundreds as Bundles of Ten Tens

Movement 1	Modification 1	Movement 2	Modification 2
ski jump left/right	lean, tap foot, or tilt head left/right	jump, squat	reach up or look up, lean forward to touch knees or thighs

2 - Math (Operations & Algebraic Thinking)
Addition and Subtraction Multi-Step Word Problems Within 100

Movement 1	Modification 1	Movement 2	Modification 2
grapevine step left/right	lean or move head left/right	clap hands above head, pat knees	look up or reach up, touch knees or lap

2 - Math (Operations & Algebraic Thinking)
Mental Strategies for Addition and Subtraction Within 20

Movement 1	Modification 1	Movement 2	Modification 2
jump left/right	lean, tap foot, or tilt head left/right	jumping jack; squat	stretch arms out and up twice, sit as tall as possible or look up, reach as far as possible; lean forward to touch knees or thighs

2 - Math (Operations & Algebraic Thinking) Odd and Even Numbers to 20

Movement 1	Modification 1	Movement 2	Modification 2
hold both arms parallel to floor, hold one arm parallel to floor	hold any two body parts parallel to floor, hold one body part parallel to floor	hold both elbows parallel to floor, hold one elbow parallel to floor	hold any two body parts parallel to floor, hold one body part parallel to floor

2 - Math (Operations & Algebraic Thinking)
Using Addition to Find Totals in 5 x 5 Rectangular Arrays

Movement 1	Modification 1	Movement 2	Modification 2
kick left/right	punch or bob head left/right	wave arms, stomp feet	wave arms or turn head side to side, tap foot or tap hands on lap

3 - ELA (Language) Common and Proper Nouns

Movement 1	Modification 1
kick soccer ball on left/right into goal	kick, toss, or head soccer ball on left/right into goal

3 - ELA (Language) Regular and Irregular Plural Nouns

Movement 1	Modification 1
grab basketball on left/right and shoot through hoop	grab basketball on left/right using any body part and toss through hoop

3 - ELA (Language) Regular and Irregular Verbs

Movement 1	Modification 1
grab ball and toss through left/right hoop	grab ball using any body part and toss through left/right hoop

3 - Math (Numbers & Operations Fractions) Adding, Subtracting, and Comparing Fractions with Same Denominator

Movement 1	Modification 1
grab beanbag on left/right and toss onto cornhole board	grab beanbag on left/right using any body part and toss onto cornhole board

3 - Math (Operations & Algebraic Thinking) Division Facts

Movement 1	Modification 1
grab bottle on left/right and toss into left/right recycling bin	grab bottle on left/right using any body part and toss into left/right recycling bin

3 - Math (Operations & Algebraic Thinking) Single-Digit Multiplication Facts

Movement 1	Modification 1
jump up and spike volleyball down to left/right	raise arms or knees and spike volleyball down to left/right using any body part

3 - Mental Fitness and Well-Being (Self-Control) Self-Regulation and Making Good Choices

Movement 1	Modification 1
grab paddle in center and hit ball on left/right	grab paddle in center using any body part and hit ball on left/right using any body part

3 - Science (Life Science) Human Body Systems

Movement 1	Modification 1
grab bottle on left/right and toss into left/right recycling bin	grab bottle on left/right using any body part and toss into left/right recycling bin

3 - Science (Physical Science) States of Matter

Movement 1	Modification 1
grab beanbag on left/right and toss onto cornhole board	grab beanbag on left/right using any body part and toss onto cornhole board

3-5 - Financial Literacy (Financial Literacy) Smart Money Choices

Movement 1	Modification 1
jump up and spike volleyball down to left/right	raise arms or knees and spike volleyball down to left/right using any body part

**3-5 - Mental Fitness and Well-Being (Relationship Skills)
Interacting with Peers**

Movement 1	Modification 1
kick ball on left/right	kick, toss, or head ball on left/right

3-5 - Mental Fitness and Well-Being (Self-Awareness) Calming Strategies

Movement 1	Modification 1
kick soccer ball on left/right into goal	kick, toss, or head soccer ball on left/right into goal

3-5 - Mental Fitness and Well-Being (Self-Awareness) Growth Mindset

Movement 1	Modification 1
jump up on bench or squat	high knees or tap toes like stepping onto a bench or lean forward to touch knees or thighs

3-5 - Mental Fitness and Well-Being (Self-Awareness) Positive Self-Talk

Movement 1	Modification 1
kick ball on left/right	kick, toss, or head ball on left/right

3-5 - Test Preparation (Test-Taking Strategies) Mental and Physical Test Prep

Movement 1	Modification 1
grab basketball on left/right and shoot through hoop	grab basketball on left/right using any body part and toss through hoop

3-5 - Test Preparation (Test-Taking Strategies) Test-Taking Tips

Movement 1	Modification 1
grab paddle in center and hit ball on left/right	grab paddle in center using any body part and hit ball on left/right using any body part

4 - ELA (Language) Frequently Confused Words

Movement 1	Modification 1
grab paddle in center and hit ball on left/right	grab paddle in center using any body part and hit ball on left/right using any body part

4 - ELA (Language) Capitalization

Movement 1	Modification 1
grab bottle on left/right and toss into left/right recycling bin	grab bottle on left/right using any body part and toss into left/right recycling bin

4 - ELA (Language) Facts and Opinions

Movement 1	Modification 1
kick ball on left/right	kick, toss, or head ball on left/right

4 - Math (Operations & Algebraic Thinking) Multiples and Factors

Movement 1	Modification 1
pick up disc in center and throw to left/right goal	pick up disc using any body part and throw to left/right goal using any body part

4 - Math (Geometry) Lines of Symmetry

Movement 1	Modification 1
jump up on bench or squat	high knees or tap toes like stepping onto a bench or lean forward to touch knees or thighs

4 - Math (Number & Operations — Fractions) Comparing Fractions with Different Numerators and Different Denominators

Movement 1	Modification 1
grab paddle and paddle on left/right	grab paddle using any body part and paddle on left/right using any body part

4 - Science (Life Science) Identifying Vertebrates and Invertebrates

Movement 1	Modification 1
grab paddle in center and hit ball on left/right	grab paddle in center using any body part and hit ball on left/right using any body part

4 - Social Studies (People, Places, and Environments) Recognizing U.S. States

Movement 1	Modification 1
kick ball on left/right	kick, toss, or head ball on left/right

4 - Social Studies (People, Places, & Environments) U.S. States & Their Capitals

Movement 1	Modification 1
grab ball and toss through left/right hoop	grab ball with any body part and toss through left/right hoop

4-5 - Financial Literacy (Financial Literacy) Necessary and Unnecessary Spending

Movement 1	Modification 1
jump up on bench or squat	high knees or tap toes like stepping onto a bench or lean forward to touch knees or thighs

4-5 - Mental Fitness and Well-Being (Self-Control) Self-Regulation and Making Good Choices

Movement 1	Modification 1
jump up and spike volleyball down to left/right	raise arms or knees and spike volleyball down to left/right using any body part

5 - ELA (Language) Synonyms

Movement 1	Modification 1
grab paddle in center and hit ball on left/right	grab paddle in center using any body part and hit ball on left/right using any body part

5 - ELA (Language) Antonyms

Movement 1	Modification 1
kick soccer ball on left/right into goal	kick, toss, or head soccer ball on left/right into goal

5 - ELA (Language) Correlative Conjunctions

Movement 1	Modification 1
kick ball on left/right	kick, toss, or head ball on left/right

5 - Math (Measurement & Data) Comparing Standard Units

Movement 1	Modification 1
grab ball and toss through left/right hoop	grab ball with any body part and toss through left/right hoop

5 - Math (Number & Operations in Base Ten) Comparing Amounts of Money to Hundredths Place

Movement 1	Modification 1
grab paddle and paddle on left/right	grab paddle using any body part and paddle on left/right using any body part

5 - Math (Measurement & Data) Converting Metric Measurements

Movement 1	Modification 1
pick up disc in center and throw to left/right goal	pick up disc using any body part and throw to left/right goal using any body part

5 - Math (Number & Operations in Base Ten) Powers of Ten

Movement 1	Modification 1
grab beanbag on left/right and toss onto cornhole board	grab beanbag on left/right using any body part and toss onto cornhole board

5 - Science (Earth and Space Science) Earth's Water Cycle

Movement 1	Modification 1
kick ball on left/right	kick, toss, or head ball on left/right

5 - Science (Physical Science) Physical and Chemical Changes

Movement 1	Modification 1
grab ball and toss through left/right hoop	grab ball with any body part and toss through left/right hoop

climb

Movement 1	Modification 1
climb stairs	move any body part up and down as if climbing stairs

hop

Movement 1	Modification 1
hop on one foot	raise arm and/or knee on one side of body

run

Movement 1	Modification 1
run	move in place, wheel in place, or raise knees

fast feet

Movement 1	Modification 1
run with fast feet	raise arms and move in place, wheel in place, or raise knees

jump rope

Movement 1	Modification 1
jump rope in place	raise arms and/or knees

gallop

Movement 1	Modification 1
gallop with one foot in front of the other	raise arms and/or knees or wheel

hike up hill

Movement 1	Modification 1
hike up hill	raise arms and/or knees or wheel

seesaw

Movement 1	Modification 1
move up and down on a seesaw	raise arms and/or knees or wheel

high knees

Movement 1	Modification 1
run in place with high knees	raise arms and/or knees

paddleboard

Movement 1	Modification 1
grab paddle and paddle on left/right	grab paddle using any body part and paddle on left/right using any body part

log hop/jump

Movement 1	Modification 1
hop or jump from one log to the next	move from one log to another using any body part

tire run

Movement 1	Modification 1
run quickly with one foot in left tire and one foot in right tire	move any body parts to left tire and right tire

soccer toe taps

Movement 1	Modification 1
quickly tap soccer ball with left foot then right foot	quickly tap the soccer ball with any body parts

trail hike

Movement 1	Modification 1
hike up trail	raise arms and/or knees or wheel

log walk

Movement 1	Modification 1
balance while walking across log with one foot in front of other (as if on balance beam)	balance while moving across log with any body parts

basketball dribble

Movement 1	Modification 1
quickly dribble basketball from one hand to the other	quickly dribble basketball with head, hand, or foot

soccer run

Movement 1	Modification 1
run on soccer field	raise arms and/or knees or wheel

trail run

Movement 1	Modification 1
run on trail	raise arms and/or knees or wheel

elliptical

Movement 1	Modification 1
move left and right arms and legs (as if on elliptical)	move any body parts left and right