

<h2>Imagine and Move</h2>	<p>Time 20 minutes</p>	<p>Facility</p> <input checked="" type="checkbox"/> Classroom <input checked="" type="checkbox"/> Multipurpose <input type="checkbox"/> Gymnasium <input type="checkbox"/> Outdoors	
<p>Equipment Audio equipment (optional)</p>		<p>Physical Activity Level</p> <input checked="" type="checkbox"/> Moderate <input type="checkbox"/> Vigorous	
<p>Safety</p> <ul style="list-style-type: none"> Remind students to be cautious when moving and to be aware of the personal space of others. 			
<p>Warm-up: Moving on the Spot</p> <ul style="list-style-type: none"> Have students march on the spot, lifting knees high and performing a variety of arm actions. Have students jog on the spot, slowly at first, then faster, touching heels to hands and lifting knees high in front. Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). <p>Activity 1: Imagine and Move</p> <ul style="list-style-type: none"> Have students walk around the activity area, varying their speed and moving like an elephant, a mouse, a frog, a robot, and an airplane. Have students continue to walk around the activity area and have them move like something that starts with the letter <i>A, C, W</i>, and so on. <p>Activity 2: Act It Out (Adapted from: Active Healthy Kids Canada, <i>activ8, Grades 1–3</i>, 2002)</p> <ul style="list-style-type: none"> Create a list of different types of athletes with a corresponding action for each type. The list could be posted on the blackboard or wall, and could include the following: <ul style="list-style-type: none"> <i>A swimmer:</i> Walk on the spot while moving arms in a front crawl motion. <i>A dancer:</i> Dance on the spot. Use your imagination. <i>A jogger:</i> Jog on the spot. <i>A cyclist:</i> Move feet quickly as if pedalling a bike. <i>A rock climber:</i> March on the spot while moving arms up and down. Teach the actions that correspond with each type of athlete's movements. Have students march around the room or sit on chairs, and have them perform the action that corresponds with the athlete type you call out. <p>Cool-down</p> <ul style="list-style-type: none"> Have students walk slowly around the classroom. Call out “tall”, “small”, or “wide” to have students stretch to be as tall as a house, as small as a mouse, or as wide as a wall. Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). 			
<p>Variations</p> <ul style="list-style-type: none"> Ask students to brainstorm school or community events and actions to perform instead of the ideas listed above. Instead of having students march around the classroom, have them sit on their chairs or stand on mats, marching their feet and swinging their arms. 			
<p>Notes for Teachers</p> <ul style="list-style-type: none"> Discuss with students the physical activity that they most enjoy and how they feel before, during, and after participating in the activity. 		<p>Planning Notes and Reflection</p>	