

Active Classroom: March or Jog

This is a true or false activity that can be used with any academic content. It gets students moving while identifying if a statement is true or false. The statements should focus on content students are studying to help reinforce learning. Students listen to a statement and begin marching in place if they think the statement is true, or jogging in place if they think the statement is false.

Set Up: Students perform this activity standing next to their desks.

Directions: Students begin standing in the aisle next to their desk. The teacher reads a statement about a topic being studied. Students then respond by marching in place if they think the statement is true or jogging in place if they think the statement is false. Once all students have committed to one action, the teacher lets them know if they are correct. Those who got the answer wrong should switch movements and join the rest of the class. Students continue the movement while the next statement is given and again respond by marching if they think the statement is true or jogging if they think the statement is false.

Options:

Add a third movement that students will do while listening to the statement. Example: while listening to the statement, students perform alternating lunges. Once they have heard the statement, they switch their movement to marching in place if they think the statement is true or jogging in place if they think the statement is false.



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