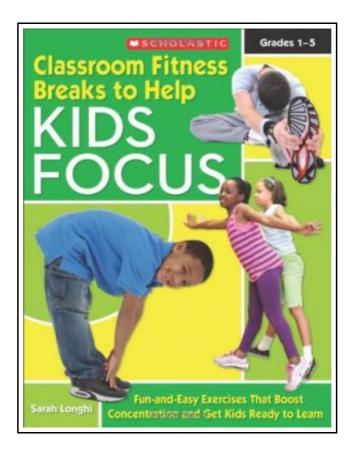
# Classroom Fitness Breaks to Help Kids Focus: Grades 1-5 (Mixed media product)



Filesize: 1.46 MB

### **Reviews**

Good e-book and useful one. It typically does not expense an excessive amount of. I am just delighted to tell you that this is basically the finest book we have read during my very own existence and could be he best ebook for actually.

(Audra Hodkiewicz)

## CLASSROOM FITNESS BREAKS TO HELP KIDS FOCUS: GRADES 1-5 (MIXED MEDIA PRODUCT)



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

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