



<http://www.eatsmartmovemorenc.com/Energizers/Elementary.html>

Energizers for different subjects and grade levels

<http://www.nhealthyschools.org/components/energizers>

<http://www.take10.net/>



TAKE 10!® Order Form*



TAKE 10!® Materials Kit

Items included in each TAKE 10! Materials Kit for grades K through 5:

- Over 30 activity cards
- More than 50 paper-and-pencil worksheets
- 3 tracking posters, and 16 pages of stickers
- Teacher resources
- Student knowledge assessments and a teacher implementation evaluation
- 3-ring binder with color cover, spine label, and classroom sign.

Total price per materials kit, per grade: \$82.00
(Not including shipping and handling)

Indicate quantity required for each grade:

Kindergarten: _____ First: _____ Second: _____ Third: _____ Fourth: _____ Fifth: _____

Shipping & handling estimate: 16% of total for orders within the contiguous United States. Alaska, Hawaii and international locations please contact us at Info@FlagHouse.com for shipping cost. Materials are shipped via UPS Ground.

TAKE 10! is an evidence-based program that

integrates physical activity, nutrition, and health concepts with academic lessons in elementary school classrooms, positively impacting both teachers and students. TAKE 10! Materials come in fun, colorful kits that appeal to students and teachers alike. Each kit includes:

- * 39+ activity cards
- * 50+ worksheets designed to reinforce learning objectives presented in the activity cards
- * 3 tracking posters with more than 400 stickers to track activities and reward students
- * Teacher resources to enhance implementation
- * Student health knowledge assessments and teacher program evaluations

<http://www.take10.net/resources>

<http://topnotchteaching.com/time-saving-tips/classroom-games-to-re-energize/>

<http://www.realclassroomideas.com/resources/Tribes-60+Second+Energizers.pdf>

<http://www.greeleyschools.org/Page/11394>

Minds in Motion Fit Sticks (Tongue depressors)

https://schoolweb.dysart.org/iplan/publicresources/g_00013_201202271524_High%20School%20Resources_energizers.html

<http://w3.exeter.k12.pa.us/~maricketts/ClassroomTeacher1.htm>

Fuel up to play 60

<http://www.midwestdairy.com/0t181p190/fuel-up-to-play-60/>



<http://www.togethercounts.com/at-home/enrichment-zone>

<http://www.togethercounts.com/at-school>

Enrichment Zone

<http://www.togethercounts.com/community-resources/partners/jam-just-minute-school-program>



<http://www.hopsports.com/>

http://www.afterschoolalliance.org/policyStateFacts.cfm?state_abbr=MO

Facts about MO students after school

JAM School Program

<http://www.jamschoolprogram.com/jamresources>

<http://www.jamschoolprogram.com/#home>

JAM Good Ideas:

- Teachers assign a JAM Leader of the day or week. Kids are empowered by leading their classmates as "leaders of fitness" and "moving" their teachers.
- Get the whole school jammin' by engaging everyone during morning announcements or using them as re-energizers during schoolwide assemblies.
- Teachers, principals and superintendents are leading kids or being led by kids.
- Assign the routines as homework.
- Videotape kids jammin' - kids love being videoed and seeing their classmates jammin', too.
- Video the teachers - kids love seeing their teachers jammin' even more!
- Post the routines, tips or both around school or on your intranet site.
- Send the newsletters home or use them in school newspapers.
- Use the JAM routines for staff wellness. Create some teacher-friendly competition.
- Get creative and improvise.
- This following link: <http://www.healthetips.com/jam-program.php> will lead you to the Jam (Just-a-Minute) School Program sign-up page. It's free to sign up and it provides you with JAMmin' Minute, five, one-minute exercise routines each week, JAM Blast, an athlete-delivered 3-5 minute exercise routine and a monthly newsletter full of healthy tips related to nutrition, physical activity and health.



Health-E-tips®

JAM School Program



Recess Rocks www.RecessRocks.com

100 Energizers www.aidsalliance.org

FitKids.org <http://www.fitkids.org/index.php>

EYP Energizers

http://eyp.org/EYPInfo/GuidesMaterials/Guides/Energisers_2011.pdf



<http://www.eatsmartmovemorenc.com/Energizers/Elementary.html>

Classroom

Energizers http://www.mansfieldtickets.com/files/all/energizers_for_the_classroom.pdf

Responsive Classroom (Susan Roser – Youtube videos)

<https://www.responsiveclassroom.org/>

Recess Before Lunch www.opi.mt.gov/recessbeforelunch

Playworks www.playworks.org

Peaceful Playgrounds www.peacefulplaygrounds.com

SPARK <http://www.sparkpe.org/>

Lights On After School <http://www.afterschoolalliance.org>

Kid Fit Academy <http://www.kidfitacademy.com/>

Fuel Up to Play 60 <http://www.fueluptoplay60.com/>

For a list of 30 short, 3-5 minutes, in-class physical activity breaks ideas, visit the following link:

<http://school.fueluptoplay60.com/tools/view.php?id=15749467>



ESL KidStuff <http://www.eslkidstuff.com/Gamescontents.htm#.VHZ7r4vF8sw>

EYP Academy Energisers

http://eyp.org/EYPInfo/GuidesMaterials/Guides/Energisers_2011.pdf

Go Noodle www.gonoodle.com

Resource Guide for Active Classrooms

Energizers, classroom based physical activities for elementary and middle school grades found here:

<http://www.beactivenc.org/getactive/youth/schools/energizers/>

Please visit the following link for energizer activities for grades K-5. <http://www.beactivenc.org/wp-content/uploads/2011/02/EnergizersK-5.pdf>

Visit the link provided below for ideas for physical activity in the classroom. You will find a list of 60 second energizers and much more. <http://www.realclassroomideas.com/167.html>

Energizers! 88 Quick Movement Activities that Refresh and Refocus K-6 by: Susan Luttanzi Roser, \$22. You can place an order here <http://www.responsiveclassroom.org/product/energizers> or watch some of her video clips on YouTube- Just type in 'Energizers! Susan Roser' and you'll find a list of many short activities such as Energizers!-Double This Double That, Energizers!-Button Factory, Energizers!-Shark Attack and many more. See link below.

(http://www.youtube.com/results?search_query=energizers%21+susan+roser&aq=f&aqi=&aql=&gs_l=youtube.3...1297.5373.0.5529.23.21.0.1.1.0.188.2389.6j14.20.0...0.0.x0Wmwl-wrJc)

A Physical Activity Idea table of 'Brain Breaks' for elementary classroom teachers that provides short physical activity breaks that incorporates various subject areas.

<http://www.emc.cmich.edu/brainbreaks/TOC.htm>

A second table of 'Brain Breaks' can be found at <http://www.emc.cmich.edu/BrainBreaks/TOC.htm>

The following link leads you to a pdf file of 10 simple activities to encourage physical activity in the classroom. <http://fitness.pediatrics.wisc.edu/physical-activity/10-Classroom-Physical-Activities.pdf>

For a list of physical activities to implement in the classroom with description and video provided, visit the following website: <http://www.fitkidsnc.com/SeeLearnDo.aspx>

For a list of books you may already have in your classroom, or you may wish to purchase, that can be used to integrate physical activity in the classroom, visit

<http://w3.exeter.k12.pa.us/~maricketts/Booksandmovement.htm>

To view a sample and purchase Behaviour Solutions: Brain Breaks, Starter Activities and Fillers by David Vizard for \$25, please visit <http://www.behaviourmatters.com/products-page/all-products/brain-breaks-starter-activities-and-fillers/>

To order Energizing Brain Breaks Book and/or DVD, go to <http://energizingbrainbreaks.com/> or visit the products page at <http://energizingbrainbreaks.com/products.html>

Visit the following website for a list of group energizer ideas

http://www.wacaonline.org/resources_energizers.html

For books, tapes, videos and more on movement in the classroom visit <http://braingym.com/index.html>
Resource Guide for Active Classrooms

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