



Additional Get Up and Go! Activities

Here are a few more movement-based activities to incorporate into your own Get Up and Go! event.

Have children move different body parts to reinforce names of body parts and names of movements.

Have children try a variety of jumping activities:

- Little and big jumps
- Jump with different arm movements
- Jump forwards and backwards
- Jump and turn

Have children try a variety of different marching steps:

- Big steps, then little steps
- Sing a marching song while marching
- Pretend to pound drums or blow horns

Have children act out parts of a story:

- Choose stories with active characters, or create movements for the children to do whenever they hear a character's name (i.e. every time a bird is mentioned have the children jump up and wave their arms, etc.)

Have children try a variety of dance steps:

- Do the Twist
- Keep time to a beat with hands, feet, and fingers
- Do the Hokey-Pokey

Play different types of music and encourage children to dance in whatever way they feel appropriate!