Exercise Signs

Print and laminate the pages and you’re ready to review just about anything! Use a dry erase marker to write numbers, sight words, letters, time, money, vocabulary words, etc. on the top half of the page. Have students solve problems and find their answer on the exercise cards posted around the room. They will do that assigned exercise and move onto the next problem. By the end of the activity, they will have practiced content and performed many exercises!

Examples:

25 ÷ 5 =

Do 5 hops on one foot!

5

Hop on one Foot while spelling “w h e n”!

when

Hops on 1 Foot

Hops on 1 Foot
Sit Ups
Push Ups
Arm Circles
Cross Crawls
Hops on 1 Foot
Toe Touches
Jumping Jacks
Jogs in Place
Squats
Twists
Jumps
Skips