

# 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:

$$25 \div 5 =$$

Do 5 hops on  
one foot!

5

Hops on 1 Foot



Hop on one  
Foot while  
spelling  
"w h e n"!

when

Hops on 1 Foot



# Sit Ups



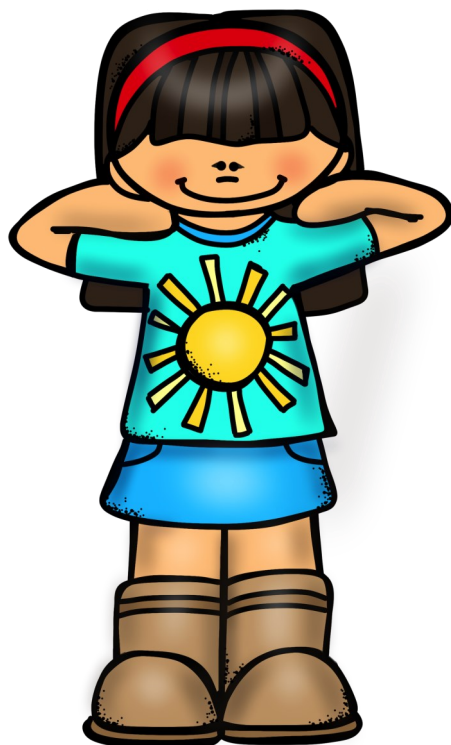
# Push Ups



# Arm Circles



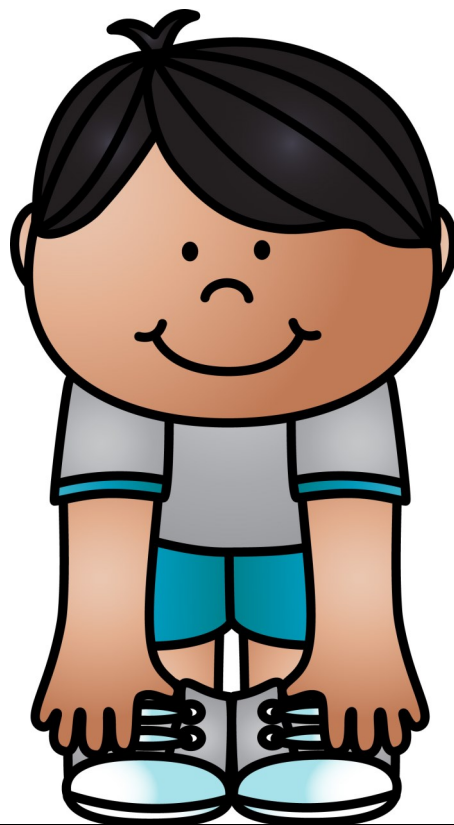
# Cross Crawl



Hops on 1 Foot



# Toe Touches



# Jumping Jacks





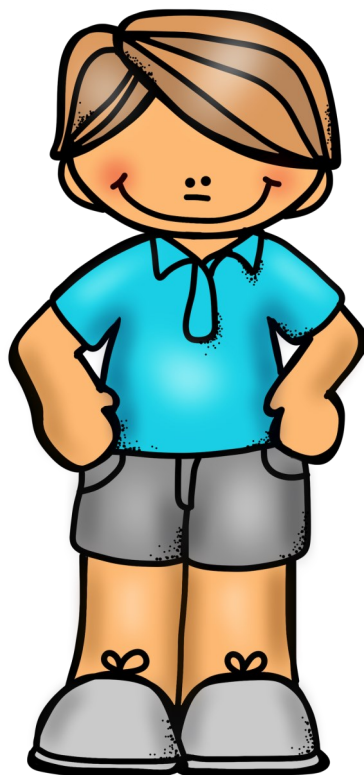
# Jogs in Place



# Squats



# Twists



# Jumps



# Skips

