

Lesson Plan: Classroom Move It Streak Challenge

Objective: Encourage students to take regular brain breaks using the Move It extension while tracking their individual streaks and contributing to a collective classroom score.

Materials:

- Student Computers with Move It extension installed
- Classroom Streak Score Sheet (printed or digital)

Instructions:

Introduction:

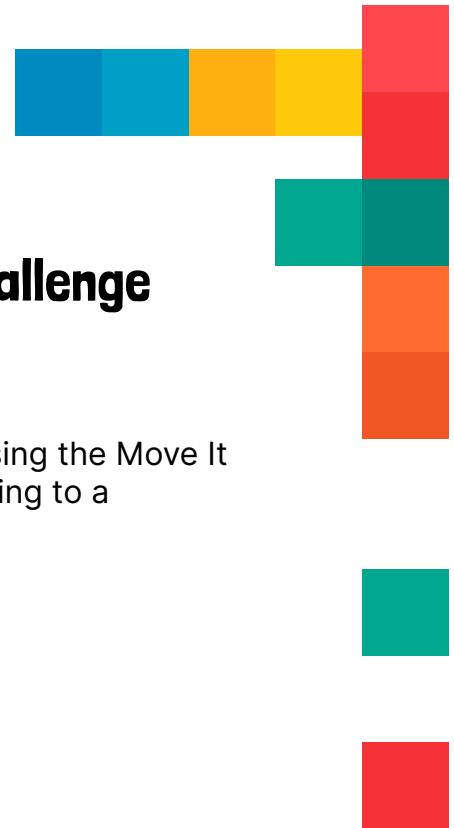
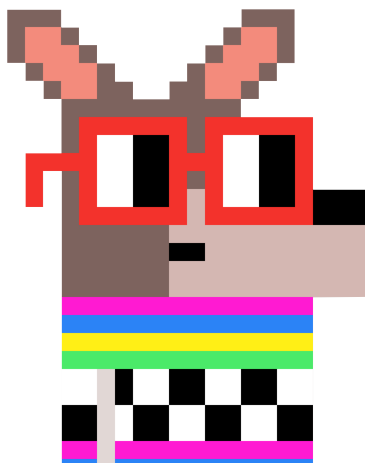
Explain the importance of taking regular breaks during work or study sessions to maintain focus and productivity. Introduce the Move It extension as a tool to help students take brain breaks and engage in physical activity.

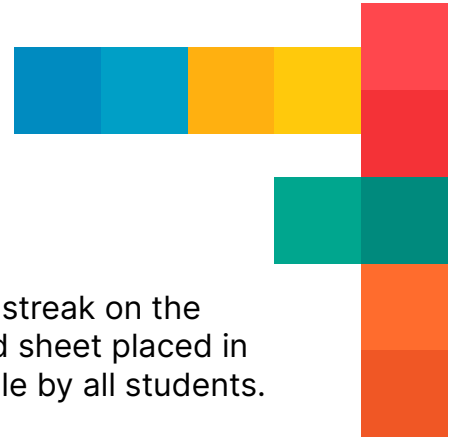
Setup:

Ensure all students have the Move It extension installed on their computers. Set the notification interval according to your classroom schedule or individual student needs.

Individual Brain Breaks:

When the Move It extension presents a brain break and exercise, students should complete the activity and then click "done" to resume their work. Encourage students to take breaks quietly and respect the work environment of their classmates.





Classroom Streak Score Sheet:

After completing a brain break, students should record their streak on the Classroom Streak Score Sheet. They can either use a printed sheet placed in a visible location in the classroom or a digital sheet accessible by all students.

The Classroom Streak Score Sheet should include:

- Columns for student names
- Rows for each day of the challenge
- Cells to record individual streaks



Weekly Wrap-up and Recognition:

At the end of each week, tally the students' streaks and recognize the top performers. Celebrate the collective effort of the class in maintaining their brain break streaks.



Optional:

Classroom Challenges and Rewards To increase engagement and motivation, consider creating classroom challenges related to the Move It Streak Challenge. For example, set a collective classroom streak goal, and if the class reaches the goal, they could earn a special reward, such as extra recess time or a fun group activity.

By incorporating the Move It extension in a classroom setting and tracking students' streaks, educators can promote a healthy balance between work and breaks, ultimately helping students maintain focus and enhance their overall learning experience.

