



Moving Through The Alphabet!  
2015 Elementary TOYS – SHAPE America – Seattle  
Margaret Robelee – Handout Continued  
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Hyde Park Central School District

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## **T is for Technology in Action**

### **“Deck of Cards Workout” – iPad App by Six Sided Studio**

**Grade Level:** 2-5

**Equipment:**

- ❖ Deck Workout App
- ❖ iPad mini – 3
- ❖ Bucket to place iPad mini on top of.

**Music:** Any upbeat music.

**Organization:** Students begin in a circle in three different groups. Set up each iPad mini on a bucket in the middle of the group.

**Description:** Students take turns going to the buckets in the center of the circle and “swipe” across to deal the next card. Students perform the exercise indicated on the card and then the next person “swipes” to deal the next card.

**Variation:**

- ❖ Use one iPad and project the image on the wall using an LCD projector.

### **“Stretch-It” – iPad App by Jarrod Robinson**

**Grade Level:** 2-5

**Equipment:**

- ❖ Stretch-It iPad App
- ❖ iPad mini – 3
- ❖ Bucket to place iPad mini on top of.

**Organization:** Students begin in a circle in three different groups. Set up each iPad mini on a bucket in the middle of the group.

**Description:** Students take turns going to the buckets in the center of the circle and “swipe” across to choose the next stretch. Stretches are organized by categories of different muscle groups. Students perform the stretch indicated on the picture for at least ten seconds and then the next person “swipes” to the next stretch.

**Variation:**

- ❖ Use one iPad and project the image on the wall using an LCD projector.

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# Y is for Yoga Resources

- ❖ Angel Bear Yoga by Christi Eley
  - Available from Sportime
  - Book and CD that includes a variety of yoga poses and music.
- ❖ Body Poetry Yoga Cards
  - Available from Sportime
  - Students doing yoga poses matched with pictures.
  - Students practice each pose while on a yoga mat.
- ❖ Yoga Pretzel Cards by Tara Guber, Leah Kalish, and Sophie Fatus (Illustrator)
  - Available from Sportime
  - Suitable for upper elementary students
  - Cards include instructions using pictures and text.
  - Students pick cards and practice poses on yoga mats
- ❖ Learn with Yoga ABC's cards by Christine Ristuccia and Say it Right
  - Available from Sportime
- ❖ Yoga Kids by Marcia Wenig
  - Resources include books and DVD's
  - Yoga ABC's as well as Animal poses

## **Resources: In addition to resources listed above:**

- ❖ iPad Apps
  - Deck Work-out – by Six Sided Studio
  - Stretch-it – by Jarrod Robinson
- ❖ Pedometer Books
  - Pedometer Power by Robert Pangrazi, Aaron Beighle, and Cara L. Sidman
  - Smart Stepping by Robert Sweetgall and Robert E. Neeves
- ❖ Songs
  - "Wipe-Out" by the Surfari's
  - Station to Station Music by My Station PE