

“Get up and Move”  
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Breakout session questions:

1. What ways have you incorporated movement in your daily personal and/or classroom routine?
2. How might you use at least one of the ideas shared in a physical classroom or online?
3. Have you set a challenge for yourself? If so, share with the group and if not, brainstorm some ideas of ways you can encourage your students through your own personal goals.

Resources:

1. Squats with Sally: <https://www.youtube.com/watch?v=bql6sIU2A7>
2. Hygge: <https://www.youtube.com/watch?v=H4bp0T-PxM>
3. Jump rope with Viva La Vida:  
<https://www.youtube.com/watch?v=dvgZkm1xWPE>
4. Cultural dance (African dance lesson):  
[https://www.youtube.com/watch?v=eBoyh1BEF\\_o](https://www.youtube.com/watch?v=eBoyh1BEF_o)