



## Creating a kinesthetic lesson:

1.) List the key components of the lesson or subject matter.

---

---

---

2.) How can you implement movement into the subject matter? (Think of tossing activities, tagging activities, consider movements from the movement bank)

---

---

---

3.) Are there particular locomotor activities that may work best to reinforce the subject matter?

---

---

---

4.) Be sure to account for space. (Is space limited or is there enough space to do a lot of movement?)

---

---

---

5.) Tie it all together.

