



# NASPE Energy Release Activity

## Title: Do a Little Shake

### Directions:

- Select some music that encourages movement. Have it ready to go in a CD player.
- Direct students to spread out and have enough personal space to move freely.
- Start the music. When the music begins, prompt students to shake various body parts.
- Some directions could be:
  - ✓ Do a little hip shake.
  - ✓ Shake your arms.
  - ✓ Shake your legs.
  - ✓ Shake your head.
  - ✓ Shake your shoulder.
  - ✓ Shake your knee.
  - ✓ Shake your ankle.
  - ✓ Shake your opposite arm and leg on one side.
  - ✓ Shake the other opposite arm and leg.
  - ✓ Shake your chest.
  - ✓ Shake everything.
- Switch prompts for the duration of one song.