

Fire Up Your Feet: Mad Libs!

Instructions: Have students form pairs, or complete the activity as a class. Cut on the dotted line and give each student a list of the action verbs below, or choose some of the verbs and write them on the board for the class.

I'll never forget the day zombies almost took over our town. I was (verb+ing) _____ to school when from out of nowhere came a (professional career) _____. They started (action verb+ing) _____ toward me and I quickly realized something was not right by the way that they (past tense verb) _____. I quickly began (verb+ing) _____ in the opposite direction to try and get away. Suddenly a (professional career) _____ appeared and started (action verb+ing) _____ toward me as well. I realized that the whole town had been taken over by zombies! Luckily they were out of shape from being TV zombies, so I was able to gain some distance from them by (action verb+ing) _____ as fast as I could. But they kept (action verb+ing) _____ toward me! I started (action verb+ing) _____ energetically, hoping that it would lead me to safety. Just when I thought I was done for, I heard my mom say, "Wake up, you'll be late for school!" It had all been a dream! While (action verb+ing) _____ to school with my friend (famous person's name) _____ that morning, I talked about my dream. They (past tense verb) _____ and told me that I must have just been excited about (verb+ing) _____ for the Fire Up Your Feet Activity Challenge that was starting up at our school this week. Some dream! Luckily, Fire Up Your Feet saved me from getting (past tense verb) _____ by zombies, even if it was only in my sleep!

Suggested Action Verbs

bike	jog	push	skid	throw
climb	jump	race	skip	tip-toe
dance	kick	reach	spin	twirl
dodge	laugh	roll	sprint	twist
do jumping jacks	leap	run	squeeze	walk
do the twist	lunge	scamper	step	wave
fly	march	shake, rattle and	stomp	whirl
gallop	party rock	roll	stumble	
hop	pounce	skate	swim	

Why Move With Fire Up Your Feet

When we say there's something for everyone in the Fire Up Your Feet program, we mean it. Participating in Fire Up Your Feet brings you and your school an opportunity to improve academic performance, encourage healthy habits, increase physical activity and raise awareness about safety to, from and at your school. Not to mention the chance to win activity challenge awards and the unique Fire Up Your Feet peer-to-peer fundraising program that earns your school money for being active!

Teachers: Instant Recess for Them AND You!

- ✓ Hit the refresh button: By using activity in your classroom during school, you'll increase your energy levels and reduce stress.
- ✓ Teachers who incorporate activity into classroom learning and break time see their students' attention spans and alertness improve.

Students: Raise Their Heartbeats and They'll Raise Their Hands

- ✓ In school, you'll find movement can help transform students into better learners. (Get easy and effective tips in our [Activity and Classroom Combos](#) sheet.)
- ✓ Out of school, students who increase their minutes of movement each day gain improved health that can lead to better academic performance.

School: Healthy Student Body = Healthy Successful School

- ✓ Studies have confirmed the connection between physically fit students and good grades.
- ✓ A Fire Up Your Feet program may help your school or district meet its health and wellness guidelines.
- ✓ Fire Up Your Feet offers a specialized fundraiser for your school and/or Parent Teacher Organization. Promoting activity in lieu of traditional candy bars or gift wrap sales will likely improve your school's chance of a more successful fundraiser and a healthier student body.
- ✓ Encouraging bicycling and walking to and from school reduces traffic congestion around the school.

Parent's Take

"As a parent, I know my kids can't sit still for long period of time, but the teachers are often faced with a daunting task of trying to keep them seated and learning. I completely endorse the idea of activity in the classroom because it can give the teacher a refresh and make sure the kids keep learning."

-Anna C., Mother of two elementary school students, Eden Prairie, MN