

Activity Breaks for the Classroom





Buzzy Bees



- Have students slowly jog around the room in a single-file line.
- Tell them to count down the line as they move (starting with one), and every time they come across a number with a seven or a multiple of a seven (7, 14, 17, 21, 27, etc.), they must say “buzz.”
- If a person misses, they begin at one again.

• In Between Laps •

- Have students run a lap together and stop when they reach you to receive a challenge (examples: do five twirls, pat your head and rub your belly, spell your name backwards while walking backwards, 30 second squat against the wall, 10 jumping jacks)
- Students continue running once they complete each challenge.
- Give them a new challenge after each lap.

Follow the Leader

- Have the class form a single-file line and appoint the first person in line as the leader.
- Tell the leader to begin moving around the classroom. She/he may use any movement she/he wants, as long as she/he keeps moving.
- The rest of the class should follow behind the leader, imitating her/his movements.
- Every so often, appoint the next student in line as the new leader (the former leader moves to the back of the line).

Live the 5-2-1-0 way every day!

5

or more servings of fruits and vegetables

2

hours or less of recreational screen time

1

hour or more of physical activity

0

sugary drinks, more water and low-fat milk



*Teachers, be a role model of physical activity in the classroom
by joining your students in these fun activity breaks!*

Let's Move
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Music Mania

(music required)

- When you turn the music on, tell students to jog around the classroom at a comfortable pace.
- When you turn the music off, the students should walk.
- Keep turning the music on and off, increasing the frequency towards the end to make the activity more challenging for everyone.

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Strike a Pose

(music required)

- When you turn the music on, tell the students to jog around the classroom at a comfortable pace.
- When you turn the music off, they should freeze and strike a funny and/or dramatic pose (you can demonstrate!)
- At the end, have them each strike their favorite pose. (Madonna's song "Vogue" is perfect for this activity!)

Animal Run

- Have students start jogging laps, and tell them they should change their speed according to the animal you call out.
- Some examples of animals you could use include cheetah, rabbit, horse, penguin, turtle, hawk, ostrich, squirrel, fox, sloth, snail, hippo, elephant, jaguar, dog, spider and gazelle.
- You can also have them adopt the movements of the animals instead of the speed.



Loopy Laps



- Tell the students today is “Loopy Laps Day!”
- On Loopy Laps Day, students run laps in funny ways.
- Start by having the students skip one lap around the classroom (or a timed interval).
- Next, have them jog, squat, run sideways, kick (carefully!), hop, walk backwards, dance, high knees, gallop, slide, grapevine, etc.

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• Reverse Sit Ups •

- Students should jog a lap, and then sit in their chairs and pull their knees up to their chest for 30 seconds.
- Repeat for three rounds (or until students are satisfactorily challenged).

Bicycles on Desks

- Students sit on their desks and lean back onto their hands for stability.
- Students lift their legs and pump their legs back and forth (as though they are on a bicycle) for one minute.
- Rest and repeat.

Partner Twists

- Students stand back-to-back with a partner.
- Partner #1 twists to one side and puts the opposite arm out for Partner #2.
- Partner #2 twists and touches palm-to-palm or finger-to-finger with Partner #1.
- Partner #1 twists to the other side and does the same thing.
- Students should try to see which pair is the fastest and most accurate.

This activity increases left/right brain interconnection!



Cross Crawls



- In a standing position, students lift their left knees and touch them with their right hands.
- Students then repeat using the opposite knees and hands.
- Try for 30 seconds.

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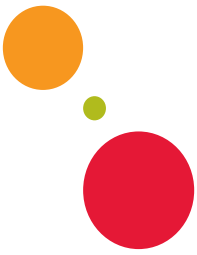
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Back Cross Crawls

- In a standing position, students touch their left hands to their right feet behind their backs.
- Students then repeat using the opposite hands and feet.
- Try for 30 seconds.

This activity increases left/right brain interconnection!



Group Slide

- Ask the students to follow your directions.
- Step forward if you did your homework.
- Take a step back and do a jumping jack if you had a good day.
- Slide to the right if you are looking forward to summer.
- Slide to the left if you want to earn an A in this class.
- You can also set this to music!

Stand Up/Sit Down

- Tell the students to move their chairs back from their desks.
- Ask questions, and if they answer yes, they should stand up and then sit down quickly.
- Sample questions: Do you like fruit? Do you play a musical instrument? Do you speak a language other than English? Do you like to dance? Have you ever traveled outside of the country? Do you like swimming?
- Improvise and get to know your students!

Cross Crawls II.

- Students raise the right arm above the head and, at the same time, raise the opposite leg, bending the knee and turning the head towards the raised right arm.
- Students straighten the head as the arm and leg come down.
- Repeat the procedure with the left arm and right leg, turning head towards the raised left arm.
- Complete a series of 12 on each side for a total of 24 movements.

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High Knee Run/March

- Students run or march in place for one minute, lifting their knees in front of them as high as they can.
- Rest for 15 seconds.
- Run or march for 30 seconds.
- Rest for 10 seconds.
- Run or march for 15 seconds.
- Breathe and stretch.



Tree Pose



- Students balance on one foot.
- They then place the other foot on the inside of their balanced leg. Their knees should be pointing to the side and their heels should be pointing up their leg.
- It is okay to leave toes on the ground if they need to.
- Students bring their hands together in front of them or overhead. Change legs after 30 seconds.

Wood Chopper

- Students stand with feet hip distance apart.
- They then squat down with their arms extended in front of them with a ball between their hands or their hands in a fist.
- As they lower in the squat, they bring the ball or fist to the ground.
- As they rise up, they bring the ball or fist over their heads.
- Keep their eyes looking straight ahead the entire time.



Chair Pose



- Students keep their feet, knees and legs together through the entire exercise.
- They then sit back as though they are sitting in a chair.
- Students hold that position as long as they can.
- They may relax when they need to and then try again.

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Skate in Place

- Students pretend to ice skate in place.
- As they move from side to side, they bring their heels behind them as high as they can.
- Meanwhile, they swing their arms from side to side.
- Students “skate” for one minute, rest for 15 seconds, and repeat.



Jump Rope



- Students pretend to jump rope. Make sure they are using their arms!
- Jump for one minute, rest for 15 seconds, and then repeat.

Elbows to Knees

- Students extend their arms overhead.
- They lock their thumbs together and lift one knee up as they pull their arms/elbows down to touch that knee.
- Their arms go back overhead as that foot goes back down to the ground.
- They lift the other knee as they pull their arms down to touch the knee.
- They should stand nice and tall to help strengthen their abdominal muscles!



Double Doodle



- Students stand up and spread out.
- Tell students to scribble with both hands in front of their bodies in the air. They can doodle shapes, their names, animals, etc.
- Ask the students questions and have them doodle their answers.
- Example questions: How do you feel? What are you doing after school? Etc.
- Ask them to write in complete sentences.

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The Owl



- Students stand up and spread out.
- Tell students to turn their heads to the right, raise their right shoulders to their chins, and then relax.
- Students slowly turn their head to the left, raise the left shoulder to their chins, and relax.
- Repeat 10 times for each side.
- Breathe deeply.



Twist and Twirl



(music required)

- Students stand up and spread out.
- Put on the music to get the students excited.
- The leader asks: Can you twist your ankles? Wrists? Hips? Can you twist low to the ground? High? To the left? To the right? Can you twist on one foot? How about the other? Can you twirl your arms forward? Can you twirl your arms backward? Can you twirl your body? Can you twist your body?



Chair Sit Ups



- Students sit near the edge of their chairs with their backs straight and hold onto their seats.
- They then lean their shoulders back slightly and lift their knees toward their chest.
- Students lower their feet to the floor 10 times.
- Have them do five sets, or as many as they can.



Hip Abductors



- Students put their fists between their knees and squeeze their knees together.
- Hold for a count of 10.
- Repeat this 10 times.
- Tip: Students may do this exercise if they feel fidgety during class, as it is minimally disruptive.

This exercise works your inner thighs!

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Push-Ups



- Students lean their hands against the wall with their feet together. Make sure they stand approximately one yard or one meter away from the wall.
- Have students complete one set of push-ups (try to get to 10).
- Rest for 15 seconds.
- Try five sets.

Mighty Mathletes

- Have students count off (make sure they remember their numbers).
- Call out activities correlating to the numbers.
- Examples: Numbers 1 - 10, do a lap. Numbers 10 - 20, run in place (one minute). All even numbers, do jumping jacks. All odd numbers, pretend to jump rope (one minute). All multiples of __, skip around the room once. Everyone else, do one sideways lap.
- Vary according to your needs.

Body Bingo

- Tell students you are going to call out various statements. They should move (jog in place or around the room, jump-rope, skip, hop, etc.) whenever one of the statements applies to them and freeze whenever something does not.
- Example statements: I have two brothers. I speak more than one language. I go to school. I did my homework. I love summer. I am four feet tall. I eat vegetables. My favorite color is blue. I have a dog. I love to dance.

Favorite Swap

(music required)

- Students move around the classroom as the music plays.
- When the music stops, they should find a partner (person closest to them).
- You ask a question, and they share a one-word response with their partner.
- When the music plays, they should move again, finding a new partner for each question.
- Questions: What is your favorite place? Song? Singer? Book? Sport? School subject? Animal?

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Chair Aerobics

- Have students pull their chairs out, away from their desks.
- They should sit up straight, keep their ankles together, and do leg lifts by extending their legs to a 180-degree angle for 20 repetitions.
- Then have students stand behind the chair, hold onto the back for balance, and extend their leg out to the side to a 45-degree angle for 20 repetitions.
- Repeat with the left leg.



Boogie Days

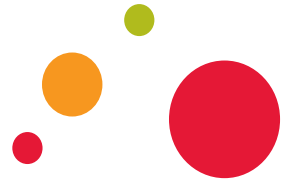


(music required)

- Have students spread out across the room, play a school-appropriate song, and let students bust a move.
- Have them follow your moves and make sure the movements are appropriate.
- Try doing some vintage moves like the Twist, the Mashed Potato, or just jumping around.



Mix It Up



- Have students create a dance sequence one move at a time by calling out moves.
- Add one move each time the students go through the sequence.
- Moves could include: stomp left, high five, jump twice, spin in a circle, squat, etc.



Acting Out



- Read a paragraph or page of a book and every time an action verb comes up, the students have to act it out.
- This is a great review strategy before a test!

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Pittsburgh



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This program is adapted from Let's Go! www.letsgo.org.



Live the 5-2-1-0 way every day!

5

or more servings of fruits and vegetables

2

hours or less of recreational screen time

1

hour or more of physical activity

0

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Look Ma, No Hands!

- Have students put an object on their desks or on the floor (pen, notebook, ID card), and call out a different body part that they have to pick it up with.
- Examples include: elbows, feet, knees, forearms, neck, etc.



Quiz Me



- While reviewing for a test, ask the students a series of true or false questions.
- If the answer is true, students should jump in place for 15 seconds.
- If it is false, students should touch their toes.



Shake It



- Students remain seated and raise their hands in the air.
- Have them start by shaking their right hand 10 times, left hand 10 times, left foot 10 times and right foot 10 times.
- Repeat counting down the number of shakes from nine to one.
- Speed up or slow down the counting to keep it interesting.

Mime Yourself

- Have students get into pairs and mirror one another's actions without talking.
- Specify who will be the leader to start.
- Tell students that they should switch who is leader back and forth without talking.

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Take the Long Way

- Before your next class change, stop class three minutes early and take your students the long way to their next room.



Rainstorm



- Have students follow your lead.
- Begin by having them lightly rub their hands together, then lightly snap, slap their thighs, slap their thighs and stomp their feet (the rainstorm is at it's peak!).
- Then stop stomping their feet, just slap their thighs, and return to lightly snapping, rubbing their hands, and stop.
- Do each action for 20 seconds.

Train Like a Pro

- Have students emulate various sports for 10 - 15 seconds each: kick a field goal, shoot a jump shot, run through tires, swing a bat, serve a tennis ball, downhill ski, spike a volleyball, swing a golf club, throw a football, shoot an arrow, shoot a hockey puck, swim.
- Improvise!



Take a Seat!



- Have students stand up and pull their chairs away from their desks. They should stand in front of their chairs with the seat facing out.
- Have students quickly sit, then stand, then sit, then stand eight - 10 times.
- Next, quickly repeat sitting halfway down and standing, repeating eight - 10 times.
- Last, have students barely sit (just touching the chair) and stand quickly. Repeat eight - 10 times.

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Do the Conga!

(music required)

- Have students line up, placing their hands on the shoulders of the student in front of them.
- Start some music and lead students around the classroom.

Walk and Talk

- Break students into groups of two or three and assign a topic related to a current lesson plan that students should discuss while taking a five-minute walk.
- They should report their discussion to the class when they return.



Feel the Beat



(music required)

- Have every student find a partner and stand facing each other with a desk in between them.
- Place a crumpled piece of paper (from the recycle bin!) between them on the desk.
- Turn on the music and have students perform the following actions to the beat: tap knees, tap shoulders, clap, clap partner's hands, etc.
- When the music stops, students try to be the first to grab the paper ball/object.
- Repeat three to five times.



Play Cards!



(deck of cards required)

- Using a standard card deck, assign an activity to each of the four suits (ex. jumping in place, running in place, sit-ups, squats).
- Pass out a card to each student. They have to do the activity for that suit for 20 seconds.
- Have students pass their cards to their neighbor and repeat for five passes.
- Add a twist: have students perform the activity the number of times designated on the card.

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The Classroom Workout Circuit

- Have students do the following in place for one minute each: jog in place, high knees, jumping jacks, hop on one foot, hop on the other foot, hop on both feet.
- Feel free to mix up the order!



Name of Activity:

1. _____

2. _____

3. _____

4. _____

5. _____



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