



# 'ACTIVE BREAKS'

## The Physically Active Classroom Programme



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## Introduction

Exercise Breaks is a classroom physical activity program designed to provide children the opportunity to engage in daily fitness activities. Good health habits include regular exercise.

Good health habits, including a positive attitude toward regular physical activity, instilled during childhood, are likely to carry over into adult life.

Research has shown that 60 minutes of physical activity, accumulated throughout the day in short bouts, can have important effects on health. It is not necessary to exercise strenuously for extended periods of time to benefit.

Short periods of moderate intensity activity, akin to the way children normally play, are also beneficial.

## Exercise Breaks

- are short in duration, lasting 2-5 minutes, or more
- are composed of simple activities, that can be led by students as well as teachers
- are appropriate for limited space, like the classroom
- can be taken any time during the day

One to two exercise breaks, held daily in school, will contribute significantly to the goal of a total of 30 minutes of activity each day for every child. One five-minute exercise break per day can provide as much activity as one additional PE class per week.

## Benefits of Regular Exercise

There are numerous physical and psychological benefits of regular physical activity, including:

- optimal growth of heart, lungs, muscles, bones and other tissues
- maintenance of healthy levels of body weight and body fat
- improved muscle and joint flexibility, muscle strength and endurance, and aerobic capacity
- stress reduction and improved psychological well-being
- enhanced self-esteem

Regular activity stimulates the brain as well as the body. Research has shown that children who are physically active are more alert and receptive to learning. A well-timed exercise break can reduce restlessness, bring children back on task, and make for a more effective learning environment.

## Objectives and Goals

### Objectives:

- to promote enjoyable physical activity
- to develop a positive attitude toward physical activity
- to increase daily energy expenditure in physical activity

### Goals:

- 1-2 Exercise Breaks every school day
- minimum of 5-10 minutes of physical activity per day in exercise breaks

## Using Exercise Breaks

To take an Exercise Break, simply pull an activity from the box and have fun! Most activities can be done at desk side. A few may require a bit more space. The space requirements, set-up and how to perform the activity are explained on each card.

Initially, use only 1-2 activities per break, and demonstrate each activity for the children. Once children have learned several activities, you can create combinations of activities to perform during a single break. Some examples of combinations (jade coloured cards) are included in the box.

As they master activities, allow the children to lead Exercise Breaks. You may wish to reward children who have worked especially hard with the opportunity to lead the day's break. This will make Exercise Breaks special, build enthusiasm, and contribute to self-esteem.

## Using Music

Children enjoy moving to music. Select upbeat music and use it in the following ways:

- to signal the beginning of the Exercise Break
- as background music during the break
- for starting and stopping an activity
- for pacing

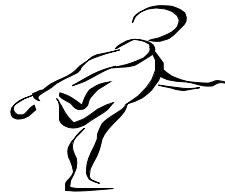


## Fitness Symbols

Symbols representing each of the four fitness components show which fitness benefits each activity offers. Use the symbols to find specific activities to improve the fitness component that is targeted for the day's Exercise Break.



represents muscular endurance



represents flexibility



represents cardio respiratory fitness



represents muscular strength

## Combination Breaks

Combination Exercise Breaks are created from several activities performed during one break. “Combinations” can be created from several activities all designed to improve the same fitness component or from activities designed to improve different components of fitness.

Examples of “Combinations” are included in the kit. You may create new “Combinations” by selecting activities that work on different fitness components you wish to improve, e.g., stretching for flexibility, movements for aerobic endurance, and callisthenic-type activities to improve muscle strength and endurance.

Appropriate durations (approximate time) for each activity are given on the cards. Children may also create their own combinations. Allow them to work singly or in small groups to create a combination. They can then take turns leading their classmates through their creation.

## I'm Alive, Alert, Awake, Enthusiastic

**Type of Activity:** Movement **Approximate Time:** 1-2 minutes

**Equipment:** None

**Preparation:** Have students sit at desk, with chairs pushed back so they can easily stand. Divide class into three groups.

### **Instructions:**

1. Group 1 stands when the word Alive is sung, then sits back down; group 2 stands when 'Alert' is sung, then sits down; group 3 stands when 'Awake' is sung, then sits down. All groups stand when 'enthusiastic' is sung.
2. Say or sing:  
"I'm alive, alert, awake, enthusiastic,  
I'm alive, alert, awake, enthusiastic,  
I'm alive, alert, awake,  
I'm awake, alert, alive,  
I'm alive, alert, awake, ENTHUSIASTIC!" ' REPEAT'

*Note: Teacher can write the words on the board so that the students know when they will have to stand.*



## Head, Shoulders, Knees, and Toes

**Type of Activity:** Movement **Approximate Time:** 1-3 minutes

**Equipment:** None

**Preparation:** Have students stand by their desks in personal space.

**Instructions:**

1. Leader (teacher or student) leads group and group follows demonstration.
2. Leader calls out: "Head, shoulders, knees, and toes, knees and toes;  
Head, shoulders, knees, and toes, knees, and toes;  
And eyes and ears and mouth and nose;  
Head, shoulders, knees, and toes, knees and toes."
3. As leader says each body part, the students touch it with their hands. Each round of the song the tempo is sped up, until students are moving as fast as they can.



## Triple Shake

**Type of Activity:** Movement **Approximate Time:** 1-3 minutes

**Equipment:** None

**Preparation:** Have students stand by their desks in personal space. Can also be done seated.

**Instructions:**

1. Stand with arms hanging loosely by the sides.
2. Shake the right arm (fingers first, then hand, elbow, shoulders, then jiggle entire arm); left arm; both arms.
3. Shake the right leg (toes, then foot, calf, thigh, whole leg); then left leg. If seated, can do both legs.
4. Full body shake (start with feet, lower body, trunk, upper body, arms and head).  
Congratulations! You have just done a "Triple Shake."

**Note:** Do the Triple Shake to music such as "I'm All Shook Up," "Shake, Rattle, and Roll," etc.



## Back to Back

**Type of Activity:** Movement      **Approximate Time:** 3-10 minutes

**Equipment:** Optional: CD/Tape Player, Music

**Preparation:** Clear some space in the middle of the room, or instruct students not to bump into anything.

### **Instructions:**

1. Move inside the room when the music is on, and stand back to back with someone as soon as the music stops. You can move by walking, jogging or skipping.
2. If you are left without a partner, meet in the center and find a partner.
3. If you don't have music you can say "Go" to start everyone moving and "Stop" to have them get back to back.



## Mingle, Mingle

**Type of Activity:** Movement **Approximate Time:** 3-10 minutes

**Equipment:** Optional: CD/Tape Player, Music

**Preparation:** Clear a space in the middle of the room, or instruct students not to bump into anything.

### Instructions:

1. Move inside the room when the music is on; you can move by walking, jogging or skipping.
2. When the music stops, call out a number (3, 4, or 5) and everyone has to get into groups of that size.
3. If you don't have music you can say "Mingle, Mingle" to start them moving and "3" to have them get into groups of three.



## Body Parts

**Type of Activity:** Movement **Approximate Time:** 3-10 minutes

**Equipment:** Optional: CD/Tape Player, Music

**Preparation:** Clear a space in the middle of the room, or instruct students not to bump into anything.

### Instructions:

1. Move inside the large area when the music is on; you can move by walking, jogging, skipping, hopping, jumping, leaping, galloping, or by doing an animal walk.
2. When the music stops, call out a number (3,4, or 5) and a body part (elbow, foot, etc.). Everyone needs to get into groups of that size and put that body part together with the others.
3. If you cannot find the right number of students to form a group of the proper size, you can meet in the center to find others.





## On Command

**Type of Activity:** Movement **Approximate Time:** 3-10 minutes

**Equipment:** Optional: music or whistle

### Instructions:

1. Within the room, walk without touching others.
2. Use music or whistle to stop and start (or your "command").
3. On "stop" name a skill to perform (touch the ground, change direction, turn around, etc.) and then have everyone continue walking.
4. Each time you name a new skill, the students must do the previous skills before doing the new one (adding on).

Example:

- a. Walk, touch the ground
- b. Walk, touch the ground and turn around
- c. Walk, touch the ground, turn around, jump high, etc.

5. As the children learn the exercises in the box, you may use this game to work on various fitness components by adding in stretching, strength and aerobic exercises.



## Hop

**Type of Activity:** Movement **Approximate Time:** 1-3 minutes

**Preparation:** Have each student stand by his/her desk.

**Instruction:**

1. For 10 to 15 seconds without stopping, HOP! Can use music to start and stop.

**Variations:**

- Hop on left foot
- Hop on right foot
- Hop on both feet
- Hop with the opposite foot in your hand!
- Hop on left foot for 15 seconds and then hop on right foot for 15 seconds.



## Ski Slalom

**Type of Activity:** Movement **Approximate Time:** 3-5 minutes

**Preparation:** Have students stand by their desks and draw an imaginary line by their feet.

**Instructions:**

1. See how long you can jump side to side over your imaginary line. Pretend you are skiing!



## Free Dance

**Type of Activity:** Movement **Approximate Time:** 3-10 minutes

**Equipment:** Optional: CD/Tape Player, Music

**Preparation:** Have students stand by their desks.

### Instructions:

1. Dance to the music in any way that you want to.

**Variation:** Start and stop the music and freeze when the music stops. Each time the music starts, do a different dance.



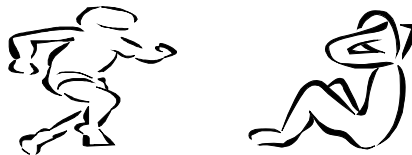
## Jump Tucks

**Type of Activity:** Movement **Approximate Time:** 1-3 minutes

**Preparation:** Have students stand by their desks.

**Instructions:**

1. From a standing position, jump straight up and raise your knees as high as you can. Be sure to land on both feet with knees slightly bent.
2. Repeat 5 to 10 times.



## Alternate Heel Slap

**Type of Activity:** Movement **Approximate Time:** 3-5 minutes

**Preparation:** Have students stand by their desks.

### **Instructions:**

1. Run in place with your hands at your sides.
2. Exaggerate the run so that the right heel touches the right hand, and the left heel touches the left hand with each stride.



## Alternate Knee Slap

**Type of Activity:** Movement **Approximate Time:** 3-5 minutes

**Preparation:** Have students stand by their desks.

### Instructions:

1. Run in place with your knees rising high.
2. Lightly slap the right knee with the right hand as the knee comes up, and the left knee with the left hand.



## Slap Happy

**Type of Activity:** Movement **Approximate Time:** 3-5 minutes

**Preparation:** Have students stand by their desks.

### Instructions:

1. Hop on your left foot while you bend your right knee behind, and slap your right heel with your left hand.
2. Then hop on your right foot while you bend your left knee behind and slap your left heel with your right hand.

**Variation:** Bend the knee in front so that the heel slap occurs in front of your body instead of behind.





## Can Can

**Type of Activity:** Movement **Approximate Time:** 3-10 minutes

**Equipment:** Optional: CD/Tape Player, Music

**Preparation:** Have students stand by their desks.

### **Instructions:**

1. With hands on your hips, hop once on your left foot while you raise your right knee.
2. Return to standing.
3. Hop on your left foot again, while you kick your right leg forward.
4. Return to standing
5. Repeat the dance steps on your right foot. Continue to alternate your feet.



## Elbow-Touch Alternates

**Type of Activity:** Movement **Approximate Time:** 3-5 minutes

**Preparation:** Have students stand by their desks two arm's widths apart.

### Instructions:

1. Stand with your arms bent slightly to the sides.
2. Bring your right knee toward your left elbow.
3. Stand or hop, then bring your left knee toward your right elbow.
4. Repeat several times.



## Jump forward / Jog back

**Type of Activity:** Movement **Approximate Time:** 3-10 minutes

**Preparation:** Have students stand by their desks two arm's widths apart.

### Instructions:

1. With feet together, jump two steps forward.
2. Then turn and jog carefully back to starting point.
3. Repeat.



## Running Windmills

**Type of Activity:** Movement **Approximate Time:** 3-5 minutes

**Preparation:** Have students stand by their desks two arm's widths apart.

### Instructions:

1. Jog in place and rotate your arms one at a time.
2. Circle arms behind you, up over head, and down in front.



## Self Propelled

**Type of Activity:** Movement

**Approximate Time:** 3-5 minutes

**Preparation:** Have students stand by their desks two arm's widths apart.

### Instructions:

1. Hop from one foot to the other, and circle your arms bent at the elbow with your hands and fingers pointing up.



## Sit, Stand, and Move!

**Type of Activity:** Movement **Approximate Time:** 3-10 minutes

**Preparation:** Space the desks apart so that each student can walk around his/her desk.

### Instructions:

1. Sit at desk.
2. On command, stand up, walk around your desk, and sit back down.
3. Then repeat walking in the opposite direction around your desk.
4. Vary by having teacher or leader call out a movement to do around desk (hop, jump, skip, crawl, etc.).



## Do the Twist

**Type of Activity:** Movement **Approximate Time:** 3-10 minutes

**Equipment:** Optional: CD/Tape Player, Music

**Preparation:** Have students stand by their desks.

### Instructions:

1. With knees bent and arms out, twist the hips from side to side!



## Action Acting

**Type of Activity:** Movement **Approximate Time:** 1-3 minutes

**Equipment:** Optional: CD/Tape Player, Music

**Preparation:** Have students stand by their desks.

**Instructions:**

1. Teacher or student leader calls out the names of sports or other physical activities.
2. Children pantomime (act out) one of the major actions of the sport or game in their space.
3. Lead them through an example: "walking" (walk in place, lifting feet and swinging arms from side to side).
4. Switch movements every 10-20 seconds. Adjust movement speed for variety.
5. Movements: Basketball (bounce invisible ball, do jump shots), jumping rope (jump invisible rope), swimming, volleyball, skiing, baseball, soccer, Frisbee, skipping.
6. Add your own movements or have students take turns calling out movements.





## STOP!

**Type of Activity:** Movement **Approximate Time:** 3-10 minutes

**Preparation:** Clear space so that the students can stand in a circle.  
Have the students form a circle - they will be dancers.

**Instructions:**

1. Designate one student to be the drummer. This student will sit in the middle of the circle and play the "drum" (i.e. a text book and a pencil serve well).
2. All other students move around in the circle trying to keep time with the music.
3. When the drum beat stops, the dancers must STOP immediately.
4. They are to "freeze" their position until the drumming starts again!
5. Students may dance up and down rows of desks if there is too little space to form a circle.

**Variation:** When the drum stops, call out an exercise for the students to do in place until the music starts up again.



## High and Low Stretches

**Type of Activity:** Stretches    **Approximate Time:** 1-2 minutes

### Instructions:

1. Tell students that they will be doing some high, then some low, stretches. Teacher or student leads the class.
2. Stand up on tiptoes and reach for the sky. Hold for count of 5 and then return to standing position. Repeat.
3. Bend the knees, squat, and put both hands on the floor in front of you. Keeping hands on floor, straighten legs as much as possible. Hold for count of 5, return to standing position. Repeat.
4. Repeat 2 and 3 above.



## Arm Circles

**Type of Activity:** Stretches    **Approximate Time:** 1-3 minutes

### Instructions:

1. Gently circle both arms in a forward circle, nice and slow.  
Repeat approximately 5 - 10 times.
2. Gently circle both arms in a backwards circle.  
Repeat approximately 5 - 10 times.
3. Circle forward, then circle backward. Repeat.



## Side Bends

**Type of Activity:** Stretches    **Approximate Time:** 1-3 minutes

### **Instructions:**

1. Stand with feet shoulder width apart.
2. Raise your right hand over head, and rest your left arm across the belly.
3. Gently stretch sideways, toward the left. Hold at least 10 seconds.
4. Switch hand positions and stretch to the right.



## Shoulder Shrugs

**Type of Activity:** Stretches    **Approximate Time:** 1-3 minutes

### **Instructions:**

1. Shrug both shoulders up toward your ears, then let them drop.
2. Repeat slowly approximately 5 times. Rest. Repeat.



## Rag Doll

**Type of Activity:** Stretches    **Approximate Time:** 1-3 minutes

### **Instructions:**

1. Stand with your feet slightly apart, and knees slightly bent.
2. Slowly bend forward and reach for your toes.
3. Stay relaxed like a rag doll.
4. Repeat several times.



## Foot Circles

**Type of Activity:** Stretches    **Approximate Time:** 1-2 minutes

### Instructions:

1. Standing on your right foot, or sitting at your desk, circle your left foot to the right several times and then to the left.
2. Switch feet.



## Forward Lunges

**Type of Activity:** Stretches    **Approximate Time:** 1-3 minutes

### Instructions:

1. Standing with your feet together step forward\*, bending your front knee.
2. Keep arms up and out to the side for balance.
3. Keep your back leg and your back straight.
4. Push off your front foot to original position.
5. Alternate front foot each time.

**\*Note: Ensure a large enough step for the knee not to go forward of the toes.**





## Straddle Stretch

**Type of Activity:** Stretches    **Approximate Time:** 1-3 minutes

### Instructions:

1. Sit on the floor with legs in straddle position.
2. Bend the right knee, and touch the left leg with the right foot.
3. Keeping the left leg straight, slowly reach both hands toward your left foot.
4. Slowly return to the starting position. Repeat 5 times.
5. Straighten the right leg, and bend the left knee until the left foot touches the right leg.
6. Keeping the right leg straight, slowly reach both hands toward your right foot.
7. Slowly return to the starting position.

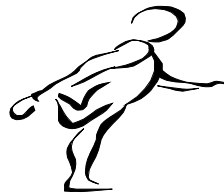


## Reach for the Sky

**Type of Activity:** Stretches    **Approximate Time:** 1-2 minutes

### **Instructions:**

1. Place feet shoulder width apart.
2. Keep the knees slightly bent.
3. Raise your arms over head.
4. Then raise up onto the balls of your feet.
5. Alternate arms reaching for the sky!



## Trunk Twists

**Type of Activity:** Stretches    **Approximate Time:** 1-2 minutes

### **Instructions:**

1. Place feet shoulder width apart.
2. Keep hips still and facing forward, knees slightly bent.
3. Raise your elbows up with your hands touching in front of chest.
4. Slowly twist your upper body at the waist from one side to the other.



## Animal Walks

**Type of Activity:** Animal Walks     **Approximate Time:** 5-15 minutes

**Preparation:** Clear a path around the boundaries of the room, or around the majority of the desks.

**Instructions:** Have one student at a time lead the class around the room performing an animal walk of his/her choice:

1. **Crab Walk** Hands and feet on the ground, while facing the ceiling. Move hands and feet like a crab.
2. **Bear Walk** Hands and feet on the ground, facing the floor. Move right hand and right foot forward together; then left hand and left foot.
3. **Cat Walk** Hands and feet on the ground, facing the floor. Move right hand and left foot forward together, then left hand and right foot.



## Animal Walks (continued)

4. **Funky Chicken** Walk with knees bent and flap them in and out sideways while arms are bent and elbows are flapping back and forth.
5. **Sea Crawl** Lie face down and support your upper body with your arms extended straight up. Walk with your hands while dragging your legs.
6. **Kangaroo Hop** With arms bent up by the chest and hands curled in front, hop forward with feet together.
7. **Caterpillar** With hands and feet on the ground, inch along like a caterpillar.
8. **Elephant Walk** Use one arm as a “trunk” extending from your mouth and nose; slouch forward and walk heavy.
9. **Injured Wolf** Move using only three limbs; hold the injured limb off the ground. The injured limb could be an arm or a leg.



## Creative Walks

**Type of Activity:** Creative Walks

**Approximate Time:** 5-15 minutes

**Preparation:** Clear a path around the boundaries of the room, or around the majority of the desks.

**Instructions:** Have one student at a time lead the class around the room performing the walk of his/her choice:

1. **Jump** Propel body up and forward by both feet together.
2. **Criss-Cross** Walk by crossing each foot over the midline of the body.
3. **Heel-Toe** Walk exaggerating heel-toe motion.
4. **Toe-Heel** Walk by putting toes down first, then heels.
5. **Low-Profile** Walk keeping knees bent and staying low.
6. **High Profile** Walk with nose in the air, as tall as you can.
7. **Grapevine** Walk sideways, cross feet in front, then in back

**Variation:** Have students invent their own walk, name it, and teach it to the class.



## Partner Stand-Up

**Type of Activity:** Partner Activities

**Approximate Time:** 3-5 minutes

**Preparation:** Have the student's pair off by choice, or have them play back to back (exercise break) to find a partner.

### Instructions:

1. Partners sit back to back with knees bent and elbows interlocked.
2. Try to stand up at the same time by pushing against each other's backs for support.



## Bottoms Up

**Type of Activity:** Partner Activities

**Approximate Time:** 3-5 minutes

**Preparation:** Have the student's pair off by choice, or have them play back to back (exercise break) to find a partner.

### Instructions:

1. Partners sit down facing each other, and place the bottoms of their feet together (knees are bent and arms are on the ground behind the body for support).
2. Push against your partner's feet and try to lift your bottom off the ground!





## Bug Tug

**Type of Activity:** Partner Activities

**Approximate Time:** 3-5 minutes

**Preparation:** Have the student's pair off by choice, or have them play back to back (exercise break) to find a partner.

### Instructions:

1. Stand back to back with your legs wider than your shoulders.
2. Keep knee slightly bent.
3. Reach between your legs with both hands and grasp your partner's hands.
4. Take turns walking a few steps forward and then a few steps back without letting go of your partner's hands.



## Partner Sit-ups

**Type of Activity:** Partner Activities

**Approximate Time:** 3-10 minutes

**Preparation:** Have the students pair off by choice, or have them play Back to Back (exercise break) to find a partner.

### Instructions:

1. Both students lie on their backs with knees bent, feet to feet.
2. With hands crossed over chest, the students do a sit-up and pass an object (pen, book) from one to the other, and repeat.



## Flat Tire

**Type of Activity:** Strength     **Approximate Time:** 1-3 minutes

**Preparation:** Be sure each student has room to get into a box press-up position.

### Instructions:

1. Start in a box press-up position\*, cross ankles and lift feet of the floor, and slowly lower yourself to the ground as you “let out your air” like a tire going flat.
2. If possible, return to start position by doing a push-up; or move to "hands and knees" and then to a push-up position.

**\*Note: Keep neck in line with the spine.**



## Knee Push-ups

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Be sure each student has room to be in push-up position.

**Instructions:**

1. Try to do as many box press-ups as possible on your knees, cross ankles and lift feet of the floor.
2. Your body should be in a straight line from your knees to your head.



## Triceps Dip

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Have students sit on the floor by their desks.

### Instructions:

1. Sitting on the floor, place your hands behind you with your fingers facing your feet.
2. Put all of your weight on your hands and your feet as you lift yourself up off the floor (stomach facing the ceiling).
3. Bend and straighten\* your elbow to raise and lower your body.
4. Keep your back straight.

*\*Note: Be careful not to hyper-extend the elbows – keep them slightly bent if possible.*



## Power Punch

**Type of Activity:** Strength

**Approximate Time:** 1-2 minutes

**Preparation:** Have students stand by their desks two arm's widths apart.

**Instructions:**

1. With arms raised in front of the body, make a fist with both hands.
2. Punch one fist in front of the body, and then the other. Repeat several times.

**Variation:** Punch up in the air, and keep punching upward as your arm returns to the front of your body.



## Squat Thrusts

**Type of Activity:** Strength

**Approximate Time:** 1-5 minutes

**Preparation:** Have students stand by their desks two arm's widths apart.

### Instructions:

1. Start in a standing position.
2. Bend your knees and squat, putting both hands on the ground to support your body.
3. Thrust legs backwards until they are straight.
4. Push off both feet to a squat position (feet near hands).
5. Stand up; repeat.



## Chair Curl Ups

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Have students sit by their desks with enough room to straighten their legs.  
Have a partner hold the back of the chair to steady it.

### **Instructions:**

1. Sit on the edge of your chair and hold onto the edges.
2. Extend both legs straight out to the floor, keeping back straight.
3. Slowly curl your knees to your chest, and then extend them back out.





## Blast Off

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Have students stand by their desks an arm's width apart.

**Instructions:**

1. With feet together and knees bent, swing arms back and forth and jump up as high as you can!
2. Repeat several times.

“Ready, Set, 5...4...3...2...1 -- Blast Off!”



## Heel Lifts

**Type of Activity:** Strength

**Approximate Time:** 1-2 minutes

**Preparation:** Have students stand by their desks an arm's width apart.

**Instructions:**

1. Stand with your feet about 4 inches apart and your arms at your sides.
2. Lift your heels off the floor to stand on the balls of your feet. Hold for 2-3 seconds.
3. Lower heels slowly; repeat several times.



## Squats

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Have students stand by their desks an arm's width apart.

**Instructions:**

1. Stand with your hands on your hips, and your feet shoulder width apart.
2. Slowly bend your knees to a 90° angle as if sitting in a chair.
3. Then straighten your legs to a standing position.
4. Be sure to keep your back straight the whole time.

**Variation:** Single Leg Squats - same as above, except that one leg is held out in front of the body with the knee bent. Hold on to the edge of a chair or desk to aid balance.



## Elevators

**Type of Activity:** Strength

**Approximate Time:** 1-3 minutes

**Preparation:** Have students stand by their desks an arm's width apart.

### Instructions:

1. With feet shoulder width apart, slowly bend at the hip and knee as if sitting on a chair.
2. Then slowly return to standing position.

Repeat.



## Combinations - 1

### Name of Activities:

- Sit, Stand, Move! (movement break)
- Chair Curl Ups (strength break)

### Instructions:

1. Lead the students in the activities listed above.
2. After each trip around the chair, the students can do curl ups, and then repeat.
3. In combination, these activities will take approximately 5 to 10 minutes.



## Combinations -2

### Name of Activities:

- Squats (strength break)
- Power Punch (strength break)
- Rag Doll (stretch break)

### Instructions:

1. Lead the students in the activities listed above.
2. The squats will work the students' lower body; the punches will work the upper body; and the stretch will help them relax.
3. In combination, these activities will take approximately 5 minutes.



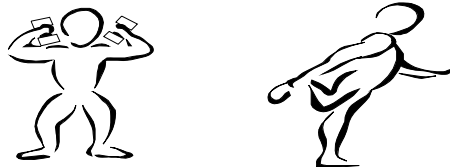
## Combinations - 3

### Name of Activities:

- Triceps Dip (strength break)
- Blast Off (strength break)
- Reach for the Sky (stretch break)

### Instructions:

1. Lead the students in the activities listed above.
2. The dips will work the students' arms; the jumps will work the lower body; the stretch will help them relax.
3. In combination, these activities will take approximately 5 minutes.



## Combinations - 4

### Name of Activities:

- Arm Circles (stretch break)
- Foot Circles (stretch break)
- Hop (movement)

### Instructions:

1. Lead the students in the activities listed above.
2. In combination, these activities will take approximately 5 minutes.

