

## Movement Breaks

### Freeze Dance

- Play a song and instruct the student to dance around in the spot
- When the music stops, they must freeze and hold their position
- Encourage them to make large movements and keep their body moving while the music is playing

### Alphabet Yoga

- Call out a random letter from the alphabet
- Each child has to make the letter by repositioning their body
- Hold each position for 30 seconds
- You can have the students spell a word with the letters or call them out at random

### Activity Bingo

- See attaches BINGO sheet
- Select a row from the BINGO sheet (it can be vertical, horizontal or diagonal)
- Perform each activity in that row for 20 seconds x 2 with a 10 second break in-between

### Simon Says

- Have all student standing behind their desks and start by saying “Simon says” followed by an activity. Students perform the activity that is called out. If you do not say Simon says the students should not perform the activity.
- Incorporate movements such as jumping jacks, hopping on one leg, touching toes, etc. (see BINGO sheet for more activity ideas)

### 5-4-3-2-1

- Call out 5 activities (see BINGO sheet for ideas) and have the students do each of them in descending order
- Example: 5 jumps, 4 toe taps, 3 high knees, 2 spins, stand on 1 foot as long as you can

### Sport Charades

- Allow each student to call out a sport one at a time
- Have the rest of the students act out that sport for 5-10 seconds
- Repeat until each student called out a sport

### Would You Rather

- Present 2 options and allocate one option to one side of the room, and the second option to the opposite side of the room
- Have the students express their choice by travelling to the side of the room that corresponds with their answer
- Repeat multiple times, until 5 minutes is up

**Add On**

- Have one student start the flow with one movement and everyone else copies
- The next student adds another movement, and everyone repeats movements 1 and 2 together
- Continue to add movements until you have a large sequence

**Movement Break BINGO**

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Jumping Jacks	Child's Pose	Balance on your tip toes	High Knees/ Marching	Toe Touches
Shoulder Shrugs	Hope on 1 foot	Heel to Bum Kicks	Sit and Reach for Toes	Half Turn Jumps
Dance Party	Side Stretch (on both side)	Shoulder Rolls	Scissor jumps	Front kicks
Quad Stretch	Jog on the spot	Star Jumps	Knee Bends/ Squats	Butterfly Stretch
Arm Circles	Heel Raises	Balance on 1 foot	Neck Rotations	Burpees