

# PHYSICAL ACTIVITY BREAKS

Get your students moving throughout the day! These 3-5 minute physical activity ideas can be incorporated for any grade level and are great for social distancing! Feel free to get creative and come up with your own!

Here is a list of suggested movements that can be utilized in the physical activity breaks:

Arm Circles	Hop	March	Backstroke	Jog
Dance Steps	Jump squats	Squats	Freestyle stroke	swim Kickbacks
Jump rope	Ski-stride	Cross knee lifts	Jumping Jacks	Soccer Kick
Lunges	Walk	Hamstring curl	Push-up	Walking lunges
Side Shuffle	High Knees	Jump	Skip	Boxing Shuffle
Step touch	Gallop	Kicks (front, side)	Trunk twists	Grapevine

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## HIGHER/LOWER

1. One student comes to the front of the room. The teacher selects a number between 1-500 and writes it on the board behind the student so he/she can't see it.
2. The student calls out a number while marching in place. The remainder of the class marches in place until the number is called out.
3. If the number is too low, the class jumps up and down (guess higher).
4. If the number is too high, the class squats (guess lower).
5. When the correct number is identified, select a different student to come to the front and repeat.

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## IT ALL ADDS UP

1. Choose one student to lead a movement or exercise (students can choose what movement they want). All students follow the movement.
2. After 30 seconds, choose a different student to lead who starts with the first movement and then adds his/her own movement.
3. Rotate leaders several times adding onto the series of movements.

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## POP QUIZ

1. Design 5 multiple choice questions related to a classroom lesson.
2. Each answer choice has a different activity associated with the corresponding letter.
3. For example: A=arm circles, B=marching in place, C=toe touches, D=trunk twists.
4. Each student performs the activity associated with the answer he/she thinks is correct. For example, if the student thinks the correct answer is 'A' he/she will do arm circles. Allow 20 seconds for the students to perform the activity and then announce the correct answer. This can be done for any lesson!

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## MAGIC WORD

Assign a 'magic word' for the day that is related to the lesson and a physical activity. For example, in history class the magic word could be 'George Washington.' Every time the teacher says the 'magic word' the students jog in place for 30 seconds. Vary the 'magic word' and activity daily

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## TRAIN LIKE A PRO

Students jump side to side or back and forth, 20 to 30 times over a natural line on the floor (e.g. lines on a tile floor), or imaginary line

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## FOOTBALL CAPTAIN IN CHARGE

Choose a student volunteer to start leading a physical activity by his/her desk. After 20 seconds, the Captain chooses another leader. Students can be creative or use basic activities such as jumping jacks, marching in place, etc.

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## 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

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## THE CLASSROOM WORKOUT CIRCUIT

Have students do the following in-place for 1 minute each (feel free to mix up the order): Jog in place, high knees, jumping jacks, hop on one foot, hop on the other foot, jump on both feet.

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## SLOW, MEDIUM, FAST

Students stand in one spot and perform the following activities in response to the teacher's commands: 'slow'—walk in place; 'medium'—jog in place; 'fast'—run in place. Teacher randomly calls out a different speed every 10 seconds for 2-3 minutes.

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## TRAFFIC LIGHT

Students stand and respond to the color of traffic light the teacher says in the following manner: 'green light' move feet as fast as possible in place; 'yellow light' march in place; 'red light' freeze and breathe in and out deeply.

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## POPCORN!

1. Have students think of a movement that they can do in place and go around the room and have everyone share their selected move.
  2. Explain to students that when their name is called everyone must perform the selected movement. If someone gets the move incorrect, they will have to stand and do arm circles.
  3. Continue the game until there are only two students left. Works for smaller groups of students for them to remember the motions. If you have a large class split the class into two groups.
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## 5-4-3-2-1

In this simple game, students stand up and the teacher (or leader) has them do five different movements in descending order. For example the teacher would say: "Do five jumping jacks, spin around four times, hop on one foot three times, walk all the way around the classroom two times, give your neighbor one high-five (pausing in between each task for students to do it)

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## FREEZE DANCE!

Similar to Dance Party, except that every so often the music stops, and students must freeze and hold the position they are in until the music begins again.

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## JUMP SKIP COUNTING

Have students count by twos, fives, tens etc. while jumping with each count. You could also practice spelling words this way.

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## SIMON SAYS

Get your kids moving by playing Simon Says with fun moving activities

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## MIRROR MOVEMENTS

Pair up students and have them face each other, six feet apart. One student does a movement and the other tries to mirror it!

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## ACTIVATE THE ALPHABET

1. To begin the game, make sure that everyone has enough personal space and get ready to move!
  2. Next, one person will go through each letter of the alphabet and choose a movement that begins with that letter. Everyone must perform that movement until the next letter is called. Check out ideas [here](#)
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## FROZEN ACTIVITY

1. Instruct students to do an activity standing at their desks: Jumping · Twisting · Jogging · Jumping jacks · Playing air guitar
  2. Students continue activity for 30 seconds or until teacher calls out a vocabulary word at which point the students freeze.
  3. Call on a volunteer to use the vocabulary word properly in a sentence
  4. Resume activity or begin a new activity when a student uses the vocabulary word
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## SPORTS GALORE

Teacher calls out the following sports skills to mimic and does each for 30 seconds

1. Shooting a jump shot
  2. Running through tires
  3. Batting a baseball
  4. Serving a tennis ball
  5. Downhill skiing
  6. Spiking a volleyball
  7. Swinging a golf club
  8. Throwing a football
  9. Juggling a soccer ball
  10. Shooting an arrow
  11. Shooting a hockey puck
  12. Swimming underwater
  13. Fielding a ground ball and throwing it to first base
  14. Dunking a basketball
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## AS IF

Teacher reads sentence to class and students act out each for 20-30 seconds

1. Jog in place as if a big scary bear is chasing you
2. Walk forward as if you're walking through chocolate pudding
3. Jump in place as if you are popcorn popping  $\frac{3}{4}$  Reach up as if grabbing balloons out of the air
4. March in place and play the drums as if you are in a marching band
5. Paint as if the paint brush is attached to your head
6. Swim as if you are in a giant pool of Jell-O
7. Move your feet on the floor as if you are ice skating
8. Students may create their own sentences for additional activities.

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## WIGGLES

Jog in place while doing the following activities.

1. On teacher's signal, the students begin to wiggle their fingers.
  2. Then their fingers and wrists.
  3. Then their fingers, wrists, and forearms.
  4. Then their fingers, wrists, forearms, and elbows.
  5. Then their fingers, wrists, forearms, elbows, and shoulders.
  6. Then their fingers, wrists, forearms, elbows, shoulders, and rib cage.
  7. Then their fingers, wrists, forearms, elbows, shoulders, rib cage, and hips.
  8. Then their fingers, wrists, forearms, elbows, shoulders, rib cage, hips, and knees
  9. Then their fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees and head.
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## MORNING ROUTINE

1. Have students begin the day with a series of simple activities lasting 30 seconds or more: Jumping jacks, Knee lifts, Flap arms like a bird, Hopping, Scissors (feet apart then cross in front, feet apart then cross in back)
  2. Follow each activity with a basic stretching movement: Reach for the sky, Runner's stretch, Butterfly stretch (sit with bottom of feet together), Knee to chest, Rotate ankles, Scratch your back
  3. Hold stretches for 10 - 30 seconds.
  4. Repeat a different simple activity followed by a new basic stretch as many times as desired.
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## AIR WRITING GRADE

1. Students begin by moving in place or around the room: Jumping, Marching, Hopping, Twisting
  2. Teacher calls out letter, number, word or shape and students stop activity.
  3. Students will draw the letter, number, word or shape in the air using their hand, arm, leg, head, elbow, knee, bottom or any combination of body parts until teacher calls out another activity.
  4. Students continue new activity until teacher calls out another letter, number, word or shape.
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## QUIZ ME

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

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## FUTURE TRAINER

Pick a student to come up and lead a 3-5 minute physical activity break doing any activities or games of their choosing—let them be creative and be sure to support them by following along with the rest of the class.