



# Movement Breaks

## 1 HOP ALONG

Stand up, hop on your left leg, remain hopping and tap your right shoulder with your right hand, continue hopping and tapping your right shoulder, now add on tapping your left shoulder with your left hand. Can you now swap to hopping on your right leg?

## 2 STRETCH TO THE SUN

Stand up and reach to the sky, take a deep breath and hold. Now slowly bend down and touch your toes, gently breathing out. Repeat 10 times.

## 3 FITNESS PYRAMID

Work through the following fitness pyramid:

- 5 Air squats
- 4 Front raises
- 3 Kneeling and standing
- 2 Shoulder taps
- 1 Vertical jump

You can find examples of all of these movements by going to our video page and click on to the 'Fitness' section or choose your own.



## 4 MEDITATION

Sit cross legged on the floor. With eyes open take 5 deep breaths in through the nose and out through the mouth. Set a timer for 2 minutes (can change to suit) in your head count in breath as 1 and out breath as 2, in breath as 3 out breath as 4, all the way to 10. Once you reach 10 start again at 1. Try and focus on the sensation of the breath. If you become distracted return to the counting of the breaths. When timer stops – sit for 10/15 seconds in your surroundings before moving again.

## 5 CLAPPING/TAPPING SEQUENCE

Here is a very simple clapping/tapping sequence. Alternatively children could come up with their own individually, in pairs or bigger groups.

- Clap x4
- Tap the table x2
- Clap x2
- Tap the table x 2
- Clap then table then clap x 8
- Clap x 4



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## YOGA POSES

Choose 2/3 of the poses and hold each one for 5 breaths in and breaths out, then transition to the next.



## 7 STAR STRETCH

Stand up place feet shoulder width apart, with arms out to the side in a star shape. With your right hand, bend down and touch the outside of your left foot or as far as you can reach. Arms should remain outstretched, so you twist and hinge at waist. Return to standing in star shape and repeat on the other side. Complete this 10 times.

## 8 FREESTYLE

Put on your favourite song and freestyle dance. You could bring a focus for less confident pupils by asking them to repeat a certain movement for 8 beats then change to something else; for example, side steps, bouncing knees, skipping on spot, star jumps etc.



## 9 SUNSHINE TIME

Make sure you are sitting comfortably but away from your usual spot at your desk. Close your eyes, and imagine the sun is beaming on your face (even better if the sun is out). Take 10 deep breaths in

through the nose and out through the mouth. Feel the sun warming up your skin, starting on your face, and slowly moving down to your shoulders and back. Take two more deep breaths in and out and open your eyes. Stand up tall and stretch up high.



## 10 SWAPSIES

Children should stand behind their desks with chairs tucked in. Call out a statement and all children that statement applies to should swap places with another child to whom the statement applies, e.g. everyone with blonde hair, everyone with black socks, everyone who has a dog etc. Remind children this isn't a race.

## 11 GOLDEN OLDIES

Try some of the classic parlour games such as Simon Says, Head Shoulders Knees and Toes, Grand Old Duke of York, Musical Statues.

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**MOVE LIKE A**

Move around the room like a:

- Robot
- Kangaroo
- Gymnast on a balance beam
- Ice Skater
- Basketball player

Play some vibrant music to make it fun.

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## 13 BALL DANCING

All children will need a ball to bounce, a basketball or netball is ideal. Complete the following ball bounce routine. Everyone should aim to be in time with one another. It make take a few attempts to get your timing.

- Start by holding your ball and jumping with it in your hands x4
- Bounce it with your left hand x4
- Bounce it with your right hand x4
- Bounce it with your left hand x4
- Bounce it with your right hand x4
- Bounce and catch x 4

Can you come up with your own ball dance routine?  
Can you find some music to create a ball dancing class routine?



## 14 JUMP, JUMP, JUMP!

Complete 10 of each of the following jumps (5 for younger groups)

1. Star jumps
2. Vertical jumps
3. Hop on left leg
4. Hop on right leg
5. Tuck jumps

## 15 IMAGINE SPORTS

Children should stand behind their desks with chairs tucked in. The teacher should call out some sports and children should pretend they are playing that sport, for example:

- Basketball – Bouncing the ball or taking a jump shot
- Volleyball – Spiking the ball
- Swimming - Front crawl
- Golf – Hitting a ball

