

# Give me a Break...

## Would you rather?

Give students the choice between two exercises. They choose which one to perform. For example: would you rather squat for 30 seconds or do jumping jacks for 30 seconds?

## Six Spots

Number six spots in the classroom. Students choose one of the spots. Roll a dice, students at the spot with that number do an exercise (5 squats, etc.) while the rest of the class hops in place.

## Mingle, mingle, mingle, group...

Students mingle around the classroom. The teacher repeats mingle, mingle, mingle then chooses a group size and calls groups of 4 (or any number). Students must form groups of that size.

## Cherry Pickers

1. Squat down and touch the ground.
2. Jump up and touch the sky.
3. Repeat until you are winded.

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## Jump the River

Place a pencil on the ground. Jump back and forth over the river. Get stuck on the river bank and jump in place. Hop slowly across the river so the jumping fish will not catch you.

## Seats Up

Students stand behind their desks. The teacher poses a question and chooses a student to respond. If they are correct, the student may choose another student to switch places.

## Sequence Touch

Students must perform a series of tasks before returning to their seats. For example, touch the door with you elbow, stomp on the carpet, high five 3 classmates then hop to your seat.

## Rock it Out

Put on a cool jam and *rock it out*. Play a little air guitar, drum to the beat and dance it out.

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## Pattern Touch

The teacher or leader does a series of movements. Students repeat. For example: 2 claps, 3 shoulder taps and a jump. The students must match the pattern.

## My day so far...

Students have 30 seconds to act out what they have done so far today. Begin with waking up and travel through the entire day up to the current moment. Make sure students do this silently in place.

## Take a Lap

Students take a lap around the perimeter of the classroom in any way that the teacher instructs. Students can march, tiptoe, high knees, frog hops, skip, etc.

## 5,4,3,2,1

The teacher or leader does movements in descending order. Such as, 5 frog hops, 4 squats, 3 jumping jacks, 2 push ups and 1 high five.

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## Red Light, Green Light

The teacher calls out one of the three directions: red light, yellow light or green light. Red light means frozen, yellow is slow-motion and green is sprint in place.

## Up, Down, Stop, Go

This is a game of opposites. The teacher calls out one of the commands, but students must do the opposite. Students can either be knocked out or get to keep playing if they make a mistake.

## Exercise Break

25 jumping jacks

## Exercise Break

24 cross-crawls

# Give me a Break...

## Exercise Break

Hop in place for 1  
minute.

## Exercise Workout

4 sets of 5 squats

## Pyramid Workout

5 jumping jacks  
10 squats  
15 lunges  
20 cross crawls

## Exercise Break

30 seconds stand  
up sit down