

Quick Physical Activity Breaks

1 hour
or more
of physical
activity
every day

Try these in the classroom, at recess, a health fair, or a field day.

HIGH KNEES RUN/MARCH: Run or march in place, lifting your knees in front of you as high as you can.

HULA HOOP: Hula hoop around your waist. Do the best you can and have fun! Hula hooping builds abdominal strength. Twirling two hula hoops builds hand-eye coordination.

WOOD CHOPPER: Stand with your feet hip distance apart. Squat down with arms extended in front of you with a ball between your hands or just bring your hands together in a fist. As you lower in a squat, bring the ball towards the ground. As you rise up, bring the ball over your head. Keep your eyes straight ahead.

CHAIR POSE: Bring your feet and legs together. Keeping your knees together, sit back like you are sitting in a chair. Hold that position as long as you can. Relax when you need to and then try again.

SKATE IN PLACE: Pretend to ice skate in place as you hop or step from side to side, bringing your heel behind you as high as you can. Swing your arms from side to side.

AGILITY LADDER: Form a line at one end of the ladder. Run through the ladder without stepping on the bars. Pick your knees up high! Run up the ladder and then jog around to the end of the class line.

JUMP THE HURDLES: Form a line at a cone. The first person begins by stepping/jumping over the hurdles. When the student before you gets to the third hurdle, the next person begins. Keep the line moving!

SQUEEZE THE BALL: Place a ball between your hands with your elbows pointing out to the side. Squeeze your palms in towards the ball. Feel your arms working hard!

JUMP ROPE: You can pretend or use a real jump rope. Keep moving! Jumping rope builds endurance and can be done individually or in a group setting.

HANDS TO KNEES: Extend your arms overhead. Lock your thumbs together. Lift one knee up as you pull your arms down to touch that knee. Arms go back overhead as that foot goes back down to the ground. Lift the other knee as you pull your arms down to touch the knee. Stand tall to keep your abdominal muscles strong!

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.