



# Take an Activity Break

THIS IS A: Student Assignment ✓ Classroom Activity

## SYNOPSIS:

Students will spend 1-5 minutes being physically active as a transition between subjects or classroom activities.

## OBJECTIVES:

- Students will increase their daily physical activity.

RECOMMENDED GRADE LEVEL: K-3; 4-8

COMMON CORE STANDARDS MET:

REQUIRED MATERIALS:

- (Depending on activities chosen) music and music player; popsicle sticks, small jar

SET-UP TIME: None

CLASS TIME: 1-5 minutes per activity

ACTIVITY BREAK OPTIONS GRADES K-3

### 1. ACTION-BASED ALPHABET

Think of an action word that starts with each letter of the alphabet. Have students follow you as you "act out" the word, going through the entire alphabet. See examples attached

### 2. MOVEMENT MAKERS

Keep a jar of popsicle sticks with a variety of movement-based activities written on them. (frog jumps, tree pose, jumping jacks, high knees, running in place) Have A student pull out a stick from the jar and lead the class in that activity for 1 minute. You can also have a 2<sup>nd</sup> jar of popsicle sticks labeled with increments of time (30 seconds, 45 seconds, 1 minute, 1 minute 15 seconds) . Have the student pick a stick to determine how long their classmates must perform the activity.

### 3. HOKEY POKEY

### 4. HEAD, SHOULDERS, KNEES and TOES

### 5. FREEZE DANCE

### 6. MATCH CATCH

Have students stand up. Give one student a ball. Have him or her name his/her favorite color, food item, song, etc (you pick the category). Ask the class "who else has the same favorite \_\_\_\_\_ ? Run in place/ stand on 1 leg/ do arm circles if so!" Then, have the student with the ball throw or walk the ball to one of his/her classmates who has the trait in common. Once the student gets to the selected classmate, students can stand normally again. Repeat, changing the category and the corresponding action as desired.

## ACTIVITY BREAK OPTIONS GRADES 4-8

### 1. MOVEMENT MAKERS

Keep a jar of popsicle sticks with a variety of movement-based activities written on them. (running in place, high knees, tree pose, sun salutation, warrior pose, calf raises, stretches) Have a student pull out a stick from the jar and lead the class in that activity for 2 minutes

### 2. BALL TOSS

While standing, toss a ball from one person to another and have students give one fact they've learned that day, name a place they've visited, their favorite green food item, etc.

### 3. PICK A SIDE- YES or NO

Designate one side of the room as "YES" and one side as "NO". Read a variety of statements and have students walk/ tip toe/lunge/ do arm circles to the appropriate side of the room. For example: I am an only child. I was born in this city. I have a food allergy. I have a pet. Alternatively, you can designate a movement for "Yes" and "no" (jumping jacks, running in place, etc).

### 4. HUMAN BIRTHDAY CALENDAR

Have students get in a line based on their birthdays. The youngest child should be at the front and the oldest at the back. This can also work with shoe size, height, and alphabetical order of first names.

### 5. MEET ME IN THE MIDDLE

Students are paired with a partner. Partners stand on opposite sides of the room facing each other. Call out an activity to do; students walk to the center of the room to meet their partner and do the activity. After completing the activity, students walk back to their original places. Repeat. Activity examples: Give a left-handed high-5; Give a left-handed and right-handed high-five; tap your right shoes. For older students, build on the combinations, seeing who can remember the correct order.

### EXTENSION:

To incorporate movement into your existing lesson plans try having students walk around the room to take notes on topics. Tape topics or vocabulary words around the room and have students travel around the room to complete their notes. Alternatively, give each student a piece of paper with either a vocabulary word or a definition on it. Have students walk around the room to find their match.



# Action-Based Alphabet

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- A- Shoot a bow and arrow
- B- Bend over to touch your toes
- C- Catch a football pass
- D- Dribble a basketball
- E- Exercise by moving your body
- F- Frog jump
- G- Get low (and then jump high!)
- H- Give yourself a hug
- I- Ice skate
- J- Jump
- K- Kick a ball
- L- Lunge
- M- March in place
- N- Nod your head yes and no
- O- pick an orange from a tree
- P- Point and flex your toes
- Q- Quietly walk on your tip toes
- R- Run in place
- S- Slide back and forth
- T- Touch your toes
- U- Open an umbrella and spin around
- V- Hit a Volleyball
- W- Wiggle from your head to your toes!
- X- Make your body into an X
- Y- Yawn and stretch like you've just gotten out of bed
- Z- Walk in a Zig Zag pattern