

Dolphin Dive

Swim through the air to mobilize your spine!



FLEXIBILITY



MOBILITY

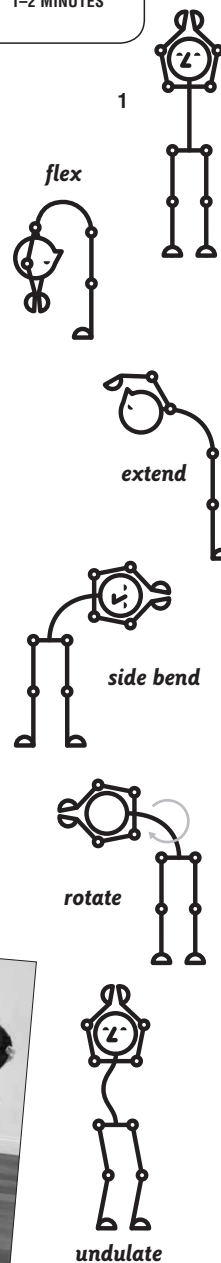
1-2 MINUTES

- 1 Standing up, join your hands over your head to make a long dolphin beak. "Dive" in these directions:
 - Down, aiming for your toes—Dive deep! (flex)
 - Up, aiming for the wall behind you—Begin a backflip! (extend)
 - Left (side bend)—Take a sharp turn!
 - Right (side bend)—Take a sharp turn the other way!
 - Around the back left—Look out for sharks behind you! (rotate)
 - Around the back right—Look out for sharks behind you the other way! (rotate)
 - Upward in a wave—Do a dolphin wiggle! (undulate)

TIP! Look in each direction as you dive!

- 2 Try these moves in a smooth sequence: down, up, side to side, rotating left and right, and in a wave. Try the sequence five times.

- 3 "Swim" around your desk area using all of these moves.



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Jump Around the Clock



2-5 MINUTES

Try new jumping patterns with a clock face under your feet.

- 1** Stand, feet together, in the center of an imaginary clock on the floor.
- 2** Jump from the center to these points on the clock, each time returning to center: 12 ➔ 3 ➔ 6 ➔ 9. Count as you go: "Twelve, center, three, center, six, center, nine, center."

TIP! You are moving clockwise.

- 3** Now move in the opposite direction: counterclockwise. Jump to each number starting with 12 o'clock without jumping back to the center. Count down as you go: "Twelve, eleven, ten, nine. . ."
- 4** Make your own pattern with the numbers on the clock and repeat it several times. You might try these patterns:

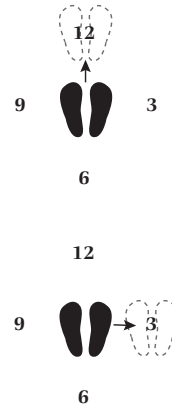
6 ➔ 3 ➔ 9 ➔ 6

3 ➔ 12 ➔ 3 ➔ 12

6 ➔ 12 ➔ 6 ➔ 12 ➔ 9

4 ➔ 5 ➔ 6 ➔ 12 ➔ 11 ➔ 10

TIP! Try your pattern, sometimes coming to center between each number and sometimes skipping the center.



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Math Bonus! Imagine the clock is two-legs long in diameter. Crouch in the center of the clock and use one leg stretched long to be the minute hand and one leg tucked in to be the hour hand. Use different ways of stretching and reaching your legs to show the time now, in one hour, in one half hour, two hours ago. Make up your own time and see if a classmate can guess it.

Shake It Up

Make some good vibrations to wake up your joints and muscles.



MOBILITY



STABILITY



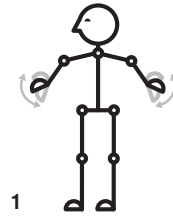
COORDINATION

1-2 MINUTES

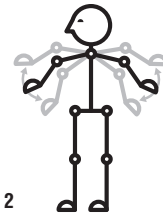
- 1** Standing up, set your hands in motion. Imagine trying to shake water off of them.
- 2** Let the vibration move up into your arm and shoulders.
- 3** See if you can spread the vibration to your chest, legs, and finally your head so that your whole body is shaking like a wet dog.
- 4** Jump in place three times, saying “ha-ha-ha!” to get focused again.
- 5** Try steps 1 to 3 again and then stop moving one part at a time (head, chest, legs, arms, hands) until you are standing still.



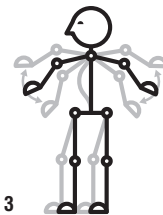
Challenge: Shake two or three different body parts at once (for example, your right hand and left foot, left arm and left leg, or hips, chest, and head.)



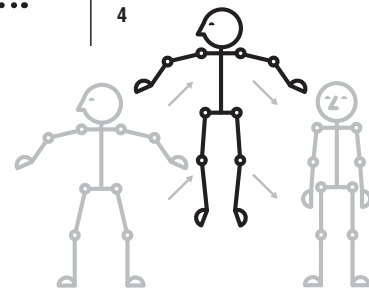
1



2



3



4

Sit Down, Stand Up— No Hands!



STRENGTH



MOBILITY



FLEXIBILITY



COORDINATION

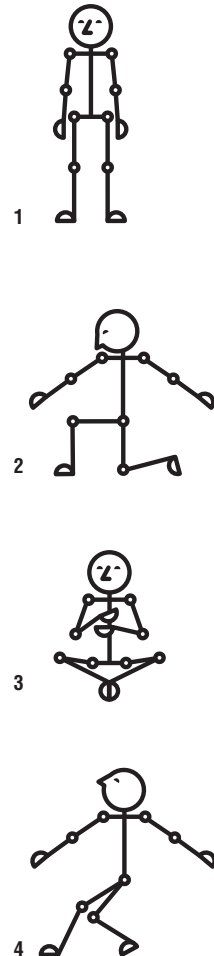
1 MINUTE

*Can your legs and core do it
without help from your hands?*

- 1** Stand tall.
- 2** Use your leg and core (belly and back) muscles to lower yourself to one knee.
- TIP!** Keep your hands off the floor!
Bend at your knees and hips!
- 3** Sit with your bottom on the ground.
- 4** Rise to standing again without using your hands on the floor.

TIP! Look up as you rise.
Push with your legs!

- 5** See how many times you can do sit-down-stand-up in one minute.



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