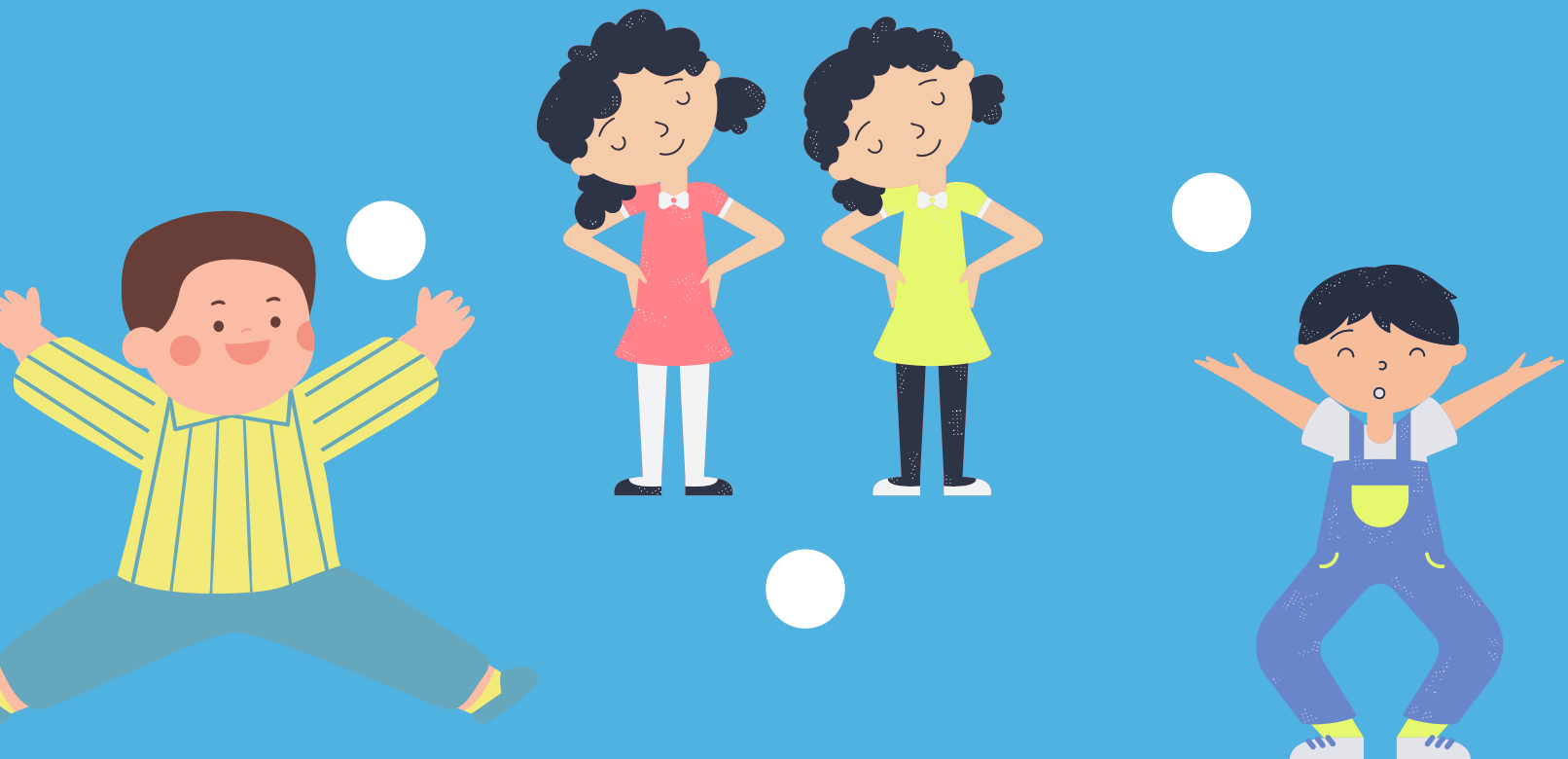


The Stay Active

# GUIDE TO

virtual & in-person

# CBPA



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# INTRODUCTION

Classroom Based Physical Activity (CBPA) can be done at any time during the school day. Getting students active promotes healthy lifestyles and can boost attention spans, encourage learning, and benefit mental health.

This guide was created in response to teacher's requests for more options for CBPA. It can be used in a virtual or in-person classroom setting. Each page contains a warm up, main exercise, and cool down guide for school staff to follow. A materials list for every activity can be found at the top of each page. For more information contact [activekids@cmh.edu](mailto:activekids@cmh.edu).

Thank you to all of our Stay Active teachers and students who participated in the program!

To share your feedback on the guide, as well as what you would like to see more of in the future [CLICK HERE](#). You can also share your thoughts with the Stay Active Team at [activekids@cmh.edu](mailto:activekids@cmh.edu).

## WARM UP

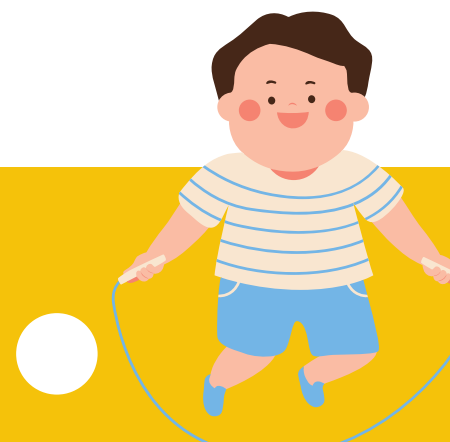
Use the warm up suggestions to get students ready to be active!

## MAIN EXERCISE

It is recommended that everyone gets at least 60 minutes of physical activity every day. The main exercises can help students and teachers get a great start!

## COOL DOWN

The cool down can help slow heart rates stretch muscles, and begin turning the focus back to classwork.



# ZERO TO SIXTY

**MATERIALS: ACTIVITY POSTER**  
**ADAPTED FROM PHIT KIDS CURRICULUM**



## Warm-up

---

(20-30 seconds for each exercise - Rest between exercises is optional)

**Basic march:**

March in place, bringing your knees up nice and high.

**Side steps:**

Step back and forth from side to side, taking long, reaching steps.

**Front kicks:**

Kick one of your feet forward in front of your body. Alternate legs.

**Knee lifts:**

Bring your knee as high as possible in front of your body. Alternate legs.

## Main Exercise

---

(20-30 seconds for each exercise)

**March (wide stance):**

March in place keeping your legs wide outside of shoulder width.

**Side steps (bend low):**

Step from side to side in a squatting position. Increase the pace as you go.

**March (reach arms):**

Reach your arms out in front of your body as you march. Keep your arms pumping.

**Kick backs (add arms):**

Kick your legs back behind your body while also pumping your arms.



## Cool-down

---

**Same as the Warm-up:**

(20-30 seconds for each exercise)

**Basic march**

**Side steps**

**Front kicks**

**Knee lifts**

# 0 to 60 Activity Poster

## **Warm-up:**

Basic March  
Side Steps  
Front Kicks  
Knee Lifts

March (wide stance)  
Side Steps (bend low)  
March (reach arms)  
Kick Backs (add arms)  
Repeat!

Basic March  
Front Kicks (higher)  
Knee Lifts (add arms)  
Front Kicks (add arms)  
Repeat!

## **Recovery:**

Basic March  
Side Steps  
Front Kicks  
Knee Lifts

# STEP IT UP

**MATERIALS: ACTIVITY POSTER**  
**ADAPTED FROM PHIT KIDS CURRICULUM**



## Warm-up

**Basic march** (march in place)

**V-step:**

Starting with your feet close together, step forward with one foot and forward to the opposite side with the other foot, forming a “V” with your legs. Repeat the process of stepping back and forth creating the V when you step forward.

**L-step:**

Starting with your feet close together, step forward with one foot and bring your feet back together. Then step off to one side and bring your feet back together. Finally, go back through the imaginary “L” motion you formed on the floor and switch to the other side after that.

**Corner knees** (knee lifts)

## Main Exercise

**Basic jumping jack**

**V-step with arms:**

Same thing as before but make sure to pump your arms.

**L-step**

**Corner kicks:**

Bring your knee up about half way to your chest like knee lifts, then kick your foot forward by straightening your leg.

**Basic march**

**Over the top:**

Step from side to side lifting your feet up high like you are stepping over an imaginary fence.

**Mambo:**

Skip forward to one side, then back to center, then to the other side, forming an imaginary V on the floor.

**Calf-raise**

## Cool-down

**Basic jumping jack**

**Over the top**

**V-step**

**Corner knees** (knee lifts)



# Step It Up Activity Poster



Basic March  
V-Step  
L-Step  
Corner Knees



Basic Jack  
V-Step w/Arms  
L-Step  
Corner Kicks



Basic March  
Over the Top  
Mambo  
Calf-Raise



Basic March  
Over the Top  
V-Step  
Corner Knees

# KICKBOXING #1

**MATERIALS: ACTIVITY POSTER**  
**ADAPTED FROM PHIT KIDS CURRICULUM**



## Warm-up

---

(30 seconds for each exercise)

**Basic march** (march in place)

**Grapevine (karaoke):**

Cross one foot in front of the other and back behind the other, while moving to the side. Switch directions.

**Jump rope** (imaginary)

## Main Exercise

---

(20-30 seconds for each exercise – Rest between exercises is optional)

**Jab/Jab cross**

**Alternating front kicks**

**Hooks/Uppercuts**

**Alternating front knees**

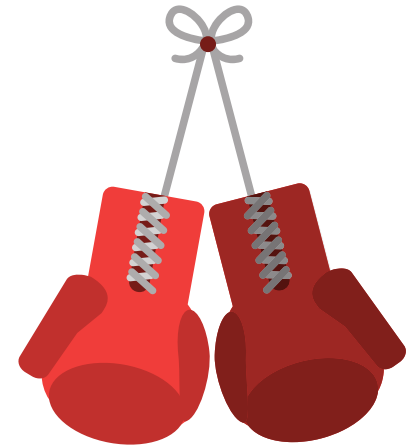
**Alternating side kicks**

**Speed bag**

**Bob and weave**

**Back kicks**

**Obliques (dodge)**



## Cool-down

---

(30 seconds for each exercise)

**March in place**

**Quadricep stretch**

**Deep breathing**



# Kickboxing #1 Activity Poster

## **Warm-up:**

Basic March

Grapevine

Jump Rope

## **Main Exercise:**

Jab/Jab Cross

Alternating Front Kicks

Hooks/Uppercuts

Alternating Front Knees

Alternating Side Kicks

Speed Bag

Bob and Weave

Back Kicks

Obliques

# KICKBOXING #2

**MATERIALS: ACTIVITY POSTER**  
**ADAPTED FROM PHIT KIDS CURRICULUM**



## Warm-up

(30 seconds for each exercise)

**Basic march** (march in place)

**Run in place**

**Rocking horse:**

Start with your legs split with one in front of the other. Jump from your back foot onto your front foot, then repeat the process. Switch legs as forward and front foot.

## Main Exercise

(20-30 seconds for each exercise - Rest between exercises is optional)

**Jab + cross hook**

**Bob and weave + side kick**

**Jab + cross hook + uppercut + 3 knees**

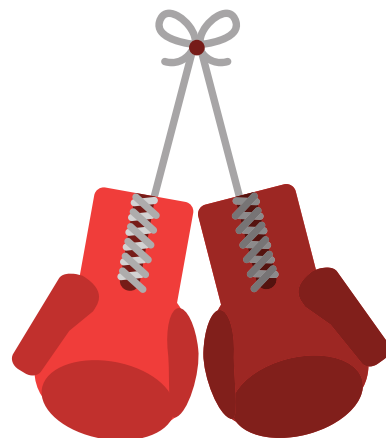
**Kicks - Front kick + side kick + back kick**

**Alternate jab + cross + uppercut**

**4 uppercuts + 4 front kicks**

**Jab + cross + jab + 3 knees**

**Run in place**



## Cool-down

**Slow Sun Salutation:**

(Hold each yoga pose for 10-15 seconds)

**Mountain pose**

Arms over head, slight back bend

Slowly move to forward fold

Right foot back to a low runner's lunge

Left foot back to plank

Slow lower to the ground

Push up into cobra

Push back into downward facing dog

Right foot forward into low runner's lunge

Left foot forward into forward fold

Slowly raise until arms are overhead, slight back bend

Come back to mountain

Repeat with left foot leading

# Kickboxing #2 Activity Poster

**Warm-up:**  
Basic March  
Run  
Rocking Horse

**Main Exercise:**  
Jab, Cross Hook  
Bob + Weave with Side Kick  
Jab, Cross Hook, Uppercut + 3 Knees  
Kicks - Front, Side, Back  
Alternate Jab, Cross Hook, Upper Cut  
4 Upper Cuts, 4 Front Kicks  
Jab, Cross Hook, Jab + 3 Knees  
Run in place

# WEIGHT TRAINING

**Materials: Give students 1 minute to find two "weights" ie water bottles, canned food items, and add a couple books to their backpacks**



## Warm-up

(30 seconds for each exercise)

High knees

Butt kicks

Lunges

Arm circles

## Main Exercise

(A repetition or "rep" is the completion of one time that you lift your weight. A "set" consists of how many reps you complete between rests)

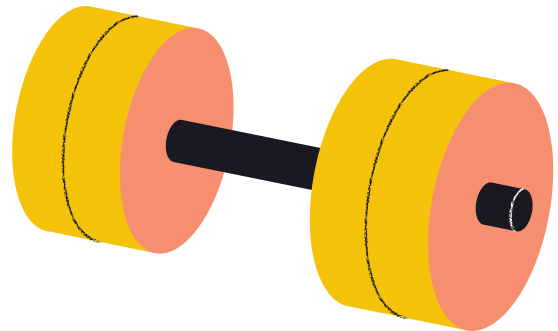
**Bicep curls** - 3 sets, 10 reps

**Bent over rows** - 3 sets, 10 reps

**Overhead press** - 3 sets, 10 reps

**Weighted squats** - 2 sets, 15 reps

**Weighted lunges** - 2 sets on each leg, 10 reps



## Cool-down

**Stretch high (30-45 seconds)**

**Stretch low (30-45 seconds)**

**Stretch to each side (30-45 seconds)**

**Fountain breath (4-5 times):**

As you take a deep breath in, raise your arms up slowly at the same speed as your breath in. As you breath out, slowly drop your arms back down to your sides until you have fully exhaled.

**Hands on heart and belly, eyes closed (30-60 seconds)**



# SPORTS GALORE

**MATERIALS: NONE**  
**ADAPTED FROM ENERGIZERS CURRICULUM**

## Warm-up

(30 seconds for each exercise)

High knees

Butt kicks

Side lunges

Arm circles



## Main Exercise

Instructor calls out the following sports skills to mimic for at least 10-15 seconds:

Shooting a jump shot  
Running through tires  
Batting a baseball  
Serving a tennis ball  
Downhill skiing  
Spiking a volleyball  
Swinging a golf club

Throwing a football  
Juggling a soccer ball  
Shooting an arrow  
Shooting a hockey puck  
Swimming underwater  
Fielding a ground ball and throwing it to first base  
Dunking a basketball

### Variations:

Instructor can also integrate skills into word problems and have students repeat the number he or she calls out: If Juan made 5 jump shots (students act out) and 2 went in the basket, how many did he miss? (3) If Briana hit 2 homeruns (students act out), how many bases would she have to touch? (8)

Ask students for skills to mimic.

## Cool-down

### March in place (30 seconds):

Pumping knees high and arms from side to side.

### Quad Stretch (hold for 20-30 seconds each leg)

### Fountain Breath (4-5 times):

As you take a deep breath in, raise your arms up slowly at the same speed as your breath in. As you breath out, slowly drop your arms back down to your sides until you have fully exhaled.

### Hands on heart and belly, eyes closed (30-60 seconds)



# YOGA SEQUENCE

**MATERIALS: WEBSITE  
FITFLOW (SANFORD HEALTH)**



## Warm-up

---

### Shaking body (30-45 seconds):

Start with legs, move to arms, hands, then head

### Knee hugs (30 seconds)

Hop around while shaking arms and shoulders (30 seconds)

## Main Exercise

---

In the fitFlow website, click “Let’s Flow” and it will randomly select four different yoga exercises for you. (Below is an example of possible exercises on the website)

(1-2 minutes for each exercise)

**Swaying tree:** With your feet hip distance apart, inhale with your arms up above your head with palms facing one another. Keeping your feet planted on the ground and arms above your head, stretch your arms to the left and then to the right.

**Crescent:** Step back in a high lunge position. Lift the back heel so your weight is on your back toes. Bend the knee of your front leg so it is stacked over your ankle, toes facing forward. With abs engaged reach arms to the sky, palms facing each other. Gaze forward. Switch legs. (Tip: Relax your shoulders back and engage your abdominals)

**Warrior II:** Step your left leg back and align your heels. Bend the knee of your front leg so it is stacked over your ankle, toes facing forward. Straighten your back leg and point your toes to the side. Bring your arms to shoulder height and straighten them out in a “T” at your sides, palms face down. Gaze over the fingers of your lead arm. Switch legs.

**Child’s pose:** Start kneeling on all fours with your big toes touching. Sink hips towards your heels and walk your arms out in front. Press your chest towards the ground. Rest the forehead on the ground and breathe deeply.

## Cool-down

---

More easy and relaxed yoga exercises for the cool-down. Yoga is a great form of exercise since it can be used as a warm-up, main exercise, and cool-down with variations in poses. (Click “Let’s Flow” again or repeat exercises that the class may have enjoyed most. Good cool-down yoga exercises from fitFlow are listed below)

(1-2 minutes for each exercise)

**Resting pose:** Lay down on your back in a comfortable position, relax all your muscles. Rest your arms at your sides, palms facing upward. Straighten your legs and let your feet fall open to the sides.

**Wind removing:** Lying on the ground, leave your left leg on the ground. Bring your right knee up towards your chest. Interlock your fingers on the top of your shin. Keep head, shoulders, back, and hips placed on the ground. Breathe deeply. Switch legs.

**Hero:** In a seated position, place the tops of your feet on the mat and place your bottom on your heels. Keep your back straight and upright and relax your shoulders. Rest your hands on your knees. Gaze forward.

# HEART SMART

**MATERIALS: NONE**  
**ADAPTED FROM ENERGIZERS CURRICULUM**

## Warm-up



(30 seconds for each exercise)

High knees

Butt kicks

Side lunges

Arm circles

## Main Exercise

### Teacher will discuss the heart:

Where is it located? Left side of the chest.

What size is it? Size of a fist.

Function? Deliver blood to the body.

What strengthens the heart? Jumping, swimming, jogging. (Students will act out each activity)

What weakens the heart? Inactivity, smoking, unhealthy diet.

### Teacher calls out a habit that strengthens or weakens the heart:

If the habit strengthens the heart, students will respond by jumping for 15 seconds.

If the habit weakens the heart, students will respond by falling down or squatting for 5 seconds.

Have students think of their own habits.

Riding a bike - jump

Eating 4 pepperoni pizzas - fall

Walking your dog - jump

Smoking cigarettes - fall

Never going outside to play and always watching TV - fall

Dancing with your friends - jump

Skating - jump

Never eating fruits/vegetables - fall

Riding a scooter - jump

Shooting baskets - jump

Playing PlayStation - fall

Eating fast food - fall

Raking the leaves - jump

Washing the car - jump

Taking the stairs - jump

Taking the elevator - fall

Swimming - jump

Eating potato chips and Twinkies - fall

## Cool-down

Stretch high (30-45 seconds)

Stretch low (30-45 seconds)

Stretch to each side (30-45 seconds)

**Fountain Breath (4-5 times):**

As you take a deep breath in, raise your arms up slowly at the same speed as your breath in. As you breath out, slowly drop your arms back down to your sides until you have fully exhaled.

**Hands on heart and belly, eyes closed (30-60 seconds)**



# ACTIVITY LADDER

**MATERIALS: CLOCK/TIMER**



## Warm-up

---

(30 seconds for each exercise)

Jumping jacks

Side hops

Dance moves

## Main Exercise

---

Explain /demonstrate the following 5 activities. Then explain the ladder, we 'move up the ladder' by doing each activity for 10 seconds, then repeat all activities for 20 seconds, then repeat for 30 seconds, then the class will 'move down' the ladder by doing each activity for again for 20, and then 10 seconds.

High knees (modify with marching)

Squats

Tuck jumps

Alternating leg lunges

Pumping arms up/down (arms out to a T, palms face the ceiling & do small pulses up)



## Cool-down

---

### Breathe It Out:

Have students stand up.

The heart rate is typically elevated when stressed.

To release tension, teach the students to breathe in through their nose for 5 counts and then breathe out through their nose (not their mouth) for 5 counts.

Repeat 10 more times at a steady pace.

For the next minute, have them breathe in positive thoughts and breathe out any negative thoughts.(Fuel Up to Play 60)



# HIT THE DECK

**MATERIALS: A DECK OF PLAYING CARDS  
ADAPTED FROM RECESS ROCKS**



## Warm-up

(30 seconds for each exercise)

High knees

Butt kicks

Side lunges

Arm circles

## Main Exercise

Each number represents a movement; key is below.  
Draw a card and class moves according to the key.

Card # Times Move:

2 Spins

3 Crossover elbow to knee

4 Windmill arms

5 Eye circles

6 High knee jog and tap hand to knee

7 Arm circles in front

8 Left leg circles

9 Right leg circles

10 Wrist circles

Jack 11

Queen 12

King 13

Ace 14

Joker 15

Head circles

Back strokes

Head slides

Hopping scissor legs

Student choice!

## Cool-down

Stretch high (30-45 seconds)

Stretch low (30-45 seconds)

Stretch to each side (30-45 seconds)

**Fountain Breath (4-5 times):**

As you take a deep breath in, raise your arms up slowly at the same speed as your breath in. As you breath out, slowly drop your arms back down to your sides until you have fully exhaled.

Hands on heart and belly, eyes closed (30-60 seconds)



# ANIMAL KINGDOM

**MATERIALS: NONE**

## Warm-up

(20 seconds for each exercise)

### Elbow switch:

First, instruct kids to touch their left elbow to their right knee, then touch their right elbow to their left knee. Switch back and forth going slowly at first, building speed until they are going at a vigorous pace.

### Windmills:

Next, do some windmills by standing tall with their feet shoulder-width apart and their arms stretched out.

### Opposite toe touches:

Bend at the waist and touch their right hand to their left toes, then their left hand to their right toes. Switch back and forth. (weareteachers.com)



## Main Exercise

(1 minute for each exercise. Can do for 30 seconds & repeat 2 times)

**Cat/cow:** Start in a tabletop position, inhale look up & sink your belly down (cat), exhale round your spine moving your back toward the ceiling & tuck your chin under (like a cat).

**Bear crawl:** (start in a tabletop position, hands/knees on floor, pick knees up off the floor & then move opposite hand/foot at the same time as you crawl forward) If there is not a lot of room, crawl forward then backward 4 'steps'.

**Frog jumps:** (essentially squat jumps but moving forward) If you don't have a lot of room take 1 jump forward then turn around for 1 jump back.

**Inch worms:** Start standing up, bend forward & put hands on the ground, walk your hands out (while keeping feet still) so you are in a plank, then keep your hands still as your feet walk toward your hands. Stand up & repeat.

Non-animal ideas:

**Frankenstein:** Stand tall, kick leg straight up while reaching to your toes with your opposite hand (switch sides).

**Army Crawl:** start in a forearm plank move your forearms & slowly crawl forward/backward.

**Bus drivers:** Sit on the floor with your knees bent so feet are on the floor. Lean back a little so you are at an angle & pull your shoulders back & chest forward. Bring your arms (shoulder width) in front of you. Pretend like you are holding onto a bus steering wheel...turn arms & and twist torso to the right then left.

## Cool-down

### March in place (30 seconds):

Pumping knees high and arms from side to side.

### Quad Stretch (hold for 20-30 seconds on each side)

### Fountain Breath (4-5 times)

As you take a deep breath in, raise your arms up slowly at the same speed as your breath in. As you breath out, slowly drop your arms back down to your sides until you have fully exhaled.

### Hands on heart and belly, eyes closed (30-60 seconds)



# FULL SPEED

**MATERIALS: VIDEO**  
**FRESH START FITNESS (GONOODLE)**



## Warm-up

---

(30 seconds for each exercise)

Jumping jacks

Side hops

Dance moves

## Main Exercise

---

(20-30 seconds for each exercise)

March in place

Squat jacks

Vertical boxers + elliptical

Side boxers

Side boxers + elliptical

Rest for 15 seconds

Squat jack jumps

<https://www.youtube.com/watch?v=g3L556EpRuo&list=PLAwOTEJXH-cN4YyNnBR19QBdcM7Kn79Qs&index=5>



## Cool-down

---

Leg stretching

Arm stretching

Deep breathing



# BLAST OFF

**MATERIALS: VIDEO**  
**FRESH START FITNESS (GONOODLE)**



## Warm-up

(20 seconds for each exercise)

### Elbow switch:

First, instruct kids to touch their left elbow to their right knee, then touch their right elbow to their left knee. Switch back and forth going slowly at first, building speed until they are going at a vigorous pace.

### Windmills:

Next, do some windmills by standing tall with their feet shoulder-width apart and their arms stretched out.

### Opposite toe touches:

Bend at the waist and touch their right hand to their left toes, then their left hand to their right toes. Switch back and forth. (weareteachers.com)

## Main Exercise

[https://www.youtube.com/watch?v=K4DnPhR9\\_mo&list=PLAwOTEJXH-cN4YyNnBR19QBdcM7Kn79Qs&index=3](https://www.youtube.com/watch?v=K4DnPhR9_mo&list=PLAwOTEJXH-cN4YyNnBR19QBdcM7Kn79Qs&index=3)

(30 seconds for each exercise)

### Jumping Jacks:

Raise your arms up and down at your sides while jumping up and down with your feet alternating between close and wide.

### Elliptical:

While jumping up and down, keep your feet shoulder width apart and alternate landing with one foot in front of the other. Pump your arms like you are running but raising them slightly higher in front of your body.

### Super Lunge:

Bring one foot back behind your body, lunge till your knee is close to the ground, and bring that same knee up in front of your body. Switch between front and back legs.



## Cool-down

### Breathe It Out:

Have students stand up.

The heart rate is typically elevated when stressed.

To release tension, teach the students to breathe in through their nose for 5 counts and then breathe out through their nose (not their mouth) for 5 counts.

Repeat 10 more times at a steady pace.

For the next minute, have them breathe in positive thoughts and breathe out any negative thoughts.(Fuel Up to Play 60)

# ROCK OUT

**MATERIALS: VIDEO**  
**FRESH START FITNESS (GONOODLE)**



## Warm-up

---

(30 seconds for each exercise)

Jumping jacks

Side hops

Stretching

## Main Exercise

---

<https://www.youtube.com/watch?v=3KReaoKLA-4&list=PLAwOTEJXH-cN4YyNnBR19QBdcM7Kn79Qs&index=1>

(15-30 seconds for each exercise - 2 minutes total)

### Tuck jump:

Jump straight up into the air while bringing both of your knees up to your chest at the same time.

### Reverse lunge:

Bring one foot behind your body and squat down using your front leg mostly, bringing your back knee close to the ground. Switch between front and back legs.

### Forward lunge:

Bring one foot in front of your body and squat down using your front leg mostly, bringing your back knee close to the ground. Switch between front and back legs.

## Cool-down

---

Stretch high (30-45 seconds)

Stretch low (30-45 seconds)

Stretch to each side (30-45 seconds)

### Fountain Breath (4-5 times):

As you take a deep breath in, raise your arms up slowly at the same speed as your breath in. As you breath out, slowly drop your arms back down to your sides until you have fully exhaled.

Hands on heart and belly, eyes closed (30-60 seconds)



# PUMP IT UP

**MATERIALS: VIDEO**  
**FRESH START FITNESS (GONOODLE)**



## Warm-up

(30 seconds for each exercise)

March in place

Jumping jacks

Arm stretching

## Main Exercise

<https://www.youtube.com/watch?v=etYhiq9hM8A&list=PLAwOTEJXH-cOZhAkeI9tkWPKtaMvy2mMN&index=5>

(20-30 seconds for each exercise)

Arm circles

Heel taps

Frog squat

Skaters

Travoltas

Arm circles + hops



## Cool-down

Leg stretching

Arm stretching

Deep breathing

# RUN, JUMP, CLIMB

**MATERIALS: VIDEO**  
**5 MINUTE MOVE (THE BODY COACH TV)**



## Warm-up

(30 seconds for each exercise)

Jumping jacks

Side hops

Dance moves

## Main Exercise

<https://www.youtube.com/watch?v=d3LPrh10v-w>

(40 seconds for each exercise – 20 second rest after each exercise)

March in place

Jumping jacks

Fast feet (running in place)

Body squat

Climb the rope



## Cool-down

**March in place (30 seconds):**  
Pumping knees high and arms from side to side.

**Quadri-cep Stretch**

**Fountain Breath (4-5 times):**  
As you take a deep breath in, raise your arms up slowly at the same speed as your breath in. As you breath out, slowly drop your arms back down to your sides until you have fully exhaled.

**Hands on heart and belly, eyes closed (30-60 seconds)**

# FEEL THE BURN

**MATERIALS: VIDEO**  
**5 MINUTE MOVE (THE BODY COACH TV)**



## Warm-up

---

### Shaking body (30-45 seconds):

Start with legs, move to arms, hands, head.

### Knee hugs (30 seconds)

Hop around while shaking arms and shoulders (30 seconds)

## Main Exercise

---

<https://www.youtube.com/watch?v=SbFqQarDM50>

(40 seconds for each exercise – 20 second rest after each exercise)

Star jumps (jumping jacks)

Running and punching

Frog jump

Turning squat (switch directions)

Marching high knees (knee to elbow)



## Cool-down

---

### Yoga poses to relax

(30 seconds for each pose)

### Resting pose:

Lay down on your back in a comfortable position, relax all your muscles. Rest your arms at your sides, palms facing upward. Straighten your legs and let your feet fall open to the sides.

### Hero:

In a seated position, place the tops of your feet on the mat and place your bottom on your heels. Keep your back straight and upright and relax your shoulders. Rest your hands on your knees. Gaze forward.



# REACH FOR THE STARS

**MATERIALS: VIDEO**  
**5 MINUTE MOVE (THE BODY COACH TV)**



## Warm-up

---

(30 seconds for each exercise)

March in place

Jump around up and down

Body weight squats in place

## Main Exercise

---

<https://www.youtube.com/watch?v=pnKCGY9ZocA>

(40 seconds for each exercise – 20 second rest after each exercise)

Touch the sky

Climb the rope

Sit down, touch toes, stand up, jump and clap hands

Backward lunge (touch the floor)

Star jumps (jumping jacks) + sprinting in place



## Cool-down

---

(30 seconds for each exercise)

Leg stretching

Arm stretching

Deep breathing

# SKI WITH ME

**MATERIALS: VIDEO**  
**5 MINUTE MOVE (THE BODY COACH TV)**



## Warm-up

(30 seconds for each exercise)

Jumping jacks

Side hops

Dance moves

## Main Exercise

<https://www.youtube.com/watch?v=5MBEgQllrfo&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=7>

(40 seconds for each exercise – 20 second rest after each exercise)

**Star jumps (jumping jacks)**

**Body weight squat**

**Slow motion burpees** (Get faster as you go)

**Toe, toe, sky:**

Touch one toe with your opposite hand, touch the other toe with your opposite hand, then reach for the sky with both hands.

**Ski jumps:**

Jump side to side with both feet, over an imaginary line.

## Cool-down



**Stretch high (30-45 seconds)**

**Stretch low (30-45 seconds)**

**Stretch to each side (30-45 seconds)**

**Fountain breath (4-5 times):**

As you take a deep breath in, raise your arms up slowly at the same speed as your breath in. As you breath out, slowly drop your arms back down to your sides until you have fully exhaled.

**Hands on heart and belly, eyes closed (30-60 seconds)**

# FEEL GOOD FITNESS

**MATERIALS: VIDEO**  
**THE BODY COACH TV**

## Warm-up

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(30 seconds for each exercise)

Leg stretching

March in place

Jumping jacks

## Main Exercise

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<https://www.youtube.com/watch?v=uqLNxJe4L2I>

(35 seconds for each exercise – 25 second rest after each exercise)

Squats

Running in place

Backward lunge (touch the floor)

Climb the rope

Knee to elbow

Frog jumps

Slow motion burpees

Squat hold + punches

## Cool-down

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(Take as much time as needed to cool down)

Leg stretching

Arm stretching

Deep breathing

# FULL BODY FUN

**MATERIALS: VIDEO**  
**THE BODY COACH TV**



## Warm-up

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**Shaking body (30-45 seconds):**

Start with legs, move to arms, hands, head.

**Knee hugs (30 seconds)**

**Hop around while shaking arms and shoulders (30 seconds)**

## Main Exercise

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<https://www.youtube.com/watch?v=EDC-plCTBbc>

(35 seconds for each exercise – 25 second rest after each exercise)

**Running in place + punches**

**Sit down, touch toes, stand up, jump and clap hands**

**Star jumps (jumping jacks)**

**Basketball throws (shoot basketball and shuffle to the side)**

**Mummy kicks**

**Squat, squat, lunge back, lunge back (alternating legs for the lunges)**

**Mountain climbers**

**Running in place (switching from low sprinting to high sprinting)**



## Cool-down

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(Take as much time as needed to cool down)

**Deep breathing**

**Yoga poses (select from fitFlow if needed)**

# WAKE-UP WORKOUT

**MATERIALS: VIDEO**  
**THE BODY COACH TV**



## Warm-up

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(30 seconds for each exercise)

Jumping jacks

Side hops

Dance moves

## Main Exercise

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[https://www.youtube.com/watch?v=9uw9ug\\_g-gM](https://www.youtube.com/watch?v=9uw9ug_g-gM)

(35 seconds for each exercise – 25 second rest after each exercise)

Walk outs with shoulder taps

Squats, stepping from left to right

Running in place

Side lunge (switch legs)

In and outs

Sumo squats (wide stance squats)

Box pushups (pushups on your knees)

Running in place + punches



## Cool-down

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(30 seconds for each exercise)

Leg stretching

Arm stretching

Deep breathing

# CIRCUIT OF FUN

**MATERIALS: VIDEO**  
**NO EQUIPMENT HOME WORKOUT (GROUP HIIT)**

## Warm-up

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(30 seconds for each exercise)

High knees

Butt kicks

Side lunges

Arm circles



## Main Exercise

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(40 seconds for each exercise - 20 second rest after each exercise)

**Frog jumps**

Rest

**Plank**

Rest

**Push-up**

Rest



## Cool-down

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(Use amount of time as needed to cool-down)

Arm shakeouts

Arm/shoulder stretches

Leg/hip stretches

# Activity Breaks

2-3 minutes

Activity Breaks are meant to be used for short periods of activity for students. They can be useful to help restore focus between lesson topics or transition to new classrooms.

## Breathe It Out

Have students stand up. The heart rate is typically elevated when stressed. To release tension, teach the students to breathe in through their nose for 5 counts and then breathe out through their nose (not their mouth) for 5 counts. Repeat 10 more times at a steady pace. For the next minute, have them breathe in positive thoughts and breathe out any negative thoughts. (Fuel Up to Play 60)

## Call for a little call and response

Pep things up with a little call and response clapping. It's simple to do and is often used in the classroom to get students' attention. Simply clap out a pattern that your kids will repeat back to you. Switch out the pattern a few times until everyone is focused and engaged. Alternatively, try a vocal call and response. Sing out a few riffs and have kids echo the tune back to you. (weareteachers.com)

## Belly Breathing

Start by having students put both hands on their bellies. Have them close their eyes and think only about their breathing. Tell them to concentrate and feel their stomachs move toward their hands as they take a deep breath in. Then, encourage them to feel their stomachs move away from their hands as they breathe out. Repeat three times or until students feel relaxed and ready for class.

To help them practice taking deep breaths, have them imagine a long straw with a balloon attached at the bottom. The straw begins at their nose and ends just below their belly button. Say: "Every time you breathe into your straw, the air travels down the straw to fill the balloon. Imagine you can feel the balloon getting full."

Remember, not everyone breathes in the same way. Some kids are chest breathers. They may find that their bellies and hands move a little differently. Recognize students' individual experiences, while exposing them to beneficial belly breaths. (scholastic.com)



## Smart Feet Standing

Create smooth lesson-to-lesson transitions by directing students to pay close attention to their feet — an act that requires a shift in thinking and concentration. Have kids stand with their feet hip-width apart. Then, ask them to wiggle their toes by pressing them into the floor one by one, big toe to little toe. Repeat, this time lifting toes off the floor one by one, big toe to little toe.

Next, have kids spread their toes apart, then squish them together before moving their big toes toward each other. Instruct students to roll to the outside edges of their feet, then to the inside edges. As you perform each step, have students count to 10 to maintain a calming pace.

To finish, have kids stand on their tiptoes and then lower back down onto their heels. Repeat, going faster and faster, until the class is reenergized. (scholastic.com)

## Set aside a little chat time

Give kids time to do what they really want to do: Chat! Set a timer and let them mingle and chat—video chat is a great option too! This time is a nice release after a sustained period of focus and as a bonus, it's a great way for kids to work on their social skills. (weareteachers.com)

## Make Xs and Os

Walk kids through the following exercise: Sitting in a chair with your feet on the ground and legs together, curl your body into your lap, folding yourself into a tiny O shape. Next, open your arms and legs wide, forming an X shape with your body. Pull back into an O shape, then back out to an X shape. Repeat three times. (weareteachers.com)

## Move Around the Room Like...

Kids love these and it gives them such a great opportunity for movement. Here are a few examples:

You are playing an instrument in a marching band.

You are a circus clown.

You are a spy.

You are just waking up.

You are a famous rock star.

You are a baby giraffe.

You are swimming at the Olympics.

(upperelementarysnapshots.com)

## Space Junk

(Optional: Play *Chariots of Fire* by Vangelis)

“Since the moon has no gravity, we are going to walk with floating, slow motion steps. Reach around and collect space junk with one hand and put it into the garbage bag you carry with your other hand”. Alternate hands and add steps:

“There is so much space junk, we trip over it and fall to the ground in slow motion”

With space junk in one hand and a bag in the other, we need to get up slowly without using our hands.”

Use the end of song image “you are being pulled slowly backwards (to your chair) by your fellow astronaut while silently screaming Wooohoooo”.

(Recess Rocks)

## Elbow Switch

First, instruct kids to touch their left elbow to their right knee, then touch their right elbow to their left knee. Switch back and forth going slowly at first, building speed until they are going at a vigorous pace. Next, do some windmills by standing tall with their feet shoulder-width apart and their arms stretched out. Bend at the waist and touch their right hand to their left toes, then their left hand to their right toes. Switch back and forth. (weareteachers.com)

## Sports Day

Teacher calls out a sport and students describe the sport (ie Baseball: pitcher, batter, catcher, umpire, runner, slide, pickle, throw, catch).

Class stands and does the corresponding moves: standing, in a chair, on one leg, while hopping, etc. (Recess Rocks)

## Yoga

Use the fitFlow website to have randomly generated yoga exercises:

<https://fit.sanfordhealth.org/resources/fitflow-activity>

## Ramp up with a round of cherry pickers

This easy activity will get your students' hearts pumping and give their brains a boost. Have them jump up off the ground, then down to the floor into a pushup position. From there, instruct them to hop their feet up into a frog position, then pop up to a standing position. (weareteachers.com)

## Energize in 5, 4, 3, 2, 1

Get hearts pumping with a quick sequence of exercises. Call out 5 actions for your students to do as quickly as they can. For instance, 5 jumping jacks, 4 pushups, 3 situps, 2 squat jumps, and 1 tree pose. (weareteachers.com)

## 12 Days of Fitness

Sing and do the following moves to the tune of "The 12 days of Christmas".

"On the 12 days of Fitness, my Stay Active gave to me":

12 Heel Lifts

6 Heel Taps

11 Wiggle Knees

5 Jumping Jacks

10 Low Squats

4 Wrist Rolls

9 High Kicks

3 Face Squishes

8 Chin lifts

2 Toe Touches

7 Quick Jabs

And 1 funny bobble head

(Recess Rocks)