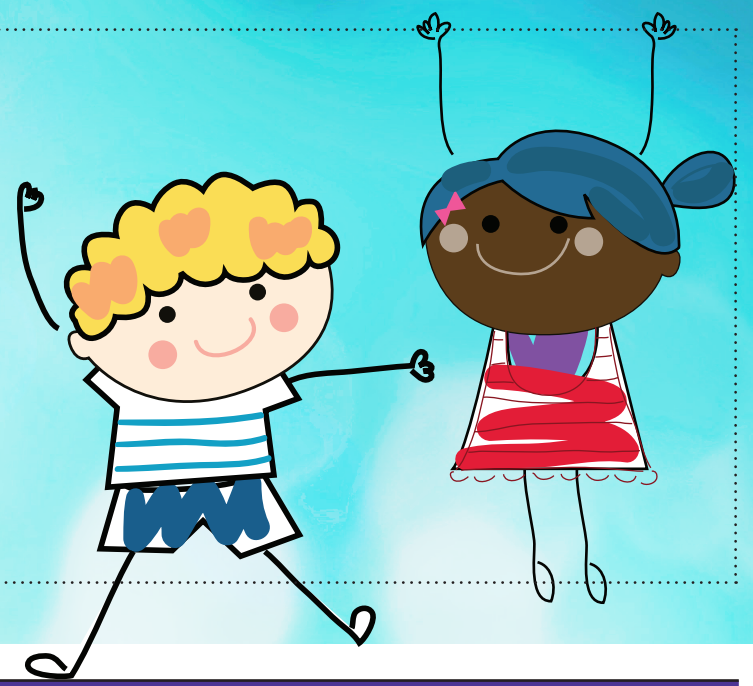


MOVEMENT SUGGESTIONS



Movement Description	Example Images
<p>BENT ARM JUMPING JACKS (Similar to traditional jumping jacks, but arms stay bent at the elbows). Children begin with feet together and arms bent. They will jump up and land with feet wide and move elbows up, away from their body. Keeping the arms bent takes up less space, making it safer for classroom use.</p>	
<p>IMAGINARY JUMP ROPE Children begin in standing position with their feet together, arms by their sides. As they jump, they will rotate their wrists as though they were turning a skipping rope.</p>	
<p>TWIST JUMPS Children begin in a standing position, facing the front. They will bend their knees, then jump up and turn their body to face the back, bending their knees as they land for safety. If they are unable to complete the half turn, they can turn a quarter of the distance.</p>	
<p>STAND AND SQUAT Children begin in a standing position with their feet under their hips, arms by their sides. They will squat down, like they are sitting back in a chair, and then stand up again. To help with balance, they can have their arms out in front, at shoulder height.</p>	
<p>4 POINT SQUARE HOPS Children begin in a standing position, facing the front, with feet together. They will look at the floor and imagine a square drawn on the floor. Children will jump in the shape of the square, hitting all four corners. Instruct which direction to go so children move in the same pattern and avoid bumping into each other (top right, top left, bottom left, bottom right). Start slow and speed up as they get the pattern; make it more difficult by jumping on one foot.</p>	
<p>SHUFFLE Children begin in a standing position with feet together. With a small jump, they will put the right foot in front, and the left foot back. With another jump, switch feet so the left foot is in front and the right foot is back. Arms move similar to running – opposite arm to foot. Start slow and speed up as they get the pattern.</p>	

MOVEMENT SUGGESTIONS



Movement Description	Example Images
<p>HEEL KICKS Children begin in a standing position. They will bring the right heel towards the buttocks, lower back to the ground, and repeat with the left heel. As they get used to the movement, it can be done at a higher level of difficulty by speeding it up to a jog, where they bring their heels up. Arms move opposite to feet – similar to running.</p>	
<p>BOXER BOUNCE Children begin in a standing position with feet hip width apart and knees slightly bent. Keeping their weight on the balls of their feet, students will start bouncing up and down (small movement). Add in movement from left to right, and bring fists up in front of their faces, elbows bent – like a boxing guard.</p>	
<p>SWIMMING Children begin in standing position, spaced out with an arms width between each other. Children will swim with the front stroke (making big arm circles to the front), or the back stroke (making big arm circles to the back). Increase intensity by having students march or jog on the spot at the same time.</p>	
<p>CALF RAISES Children begin in a standing position with their hands on their hips. They will rise up onto their toes, and lower back down onto their heels.</p>	
<p>FULL REACH Children begin in a standing position. They will reach down and touch their toes (or reach for them), and then straighten up and reach for the sky with arms overhead. The movement can be made bigger by adding a squat when reaching for their toes, and doing a calf raise as they reach for the sky.</p>	

Adapted from Fitburst Toolkit

