

Move in Line



Brain Break

2-3 minutes

Instructions

This is much more of a transitional activity. When the pupils are lined up and are moving back to the class or to the dinner hall for example, ask them to partake in some movement activities such as march on the spot or calf raises

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions

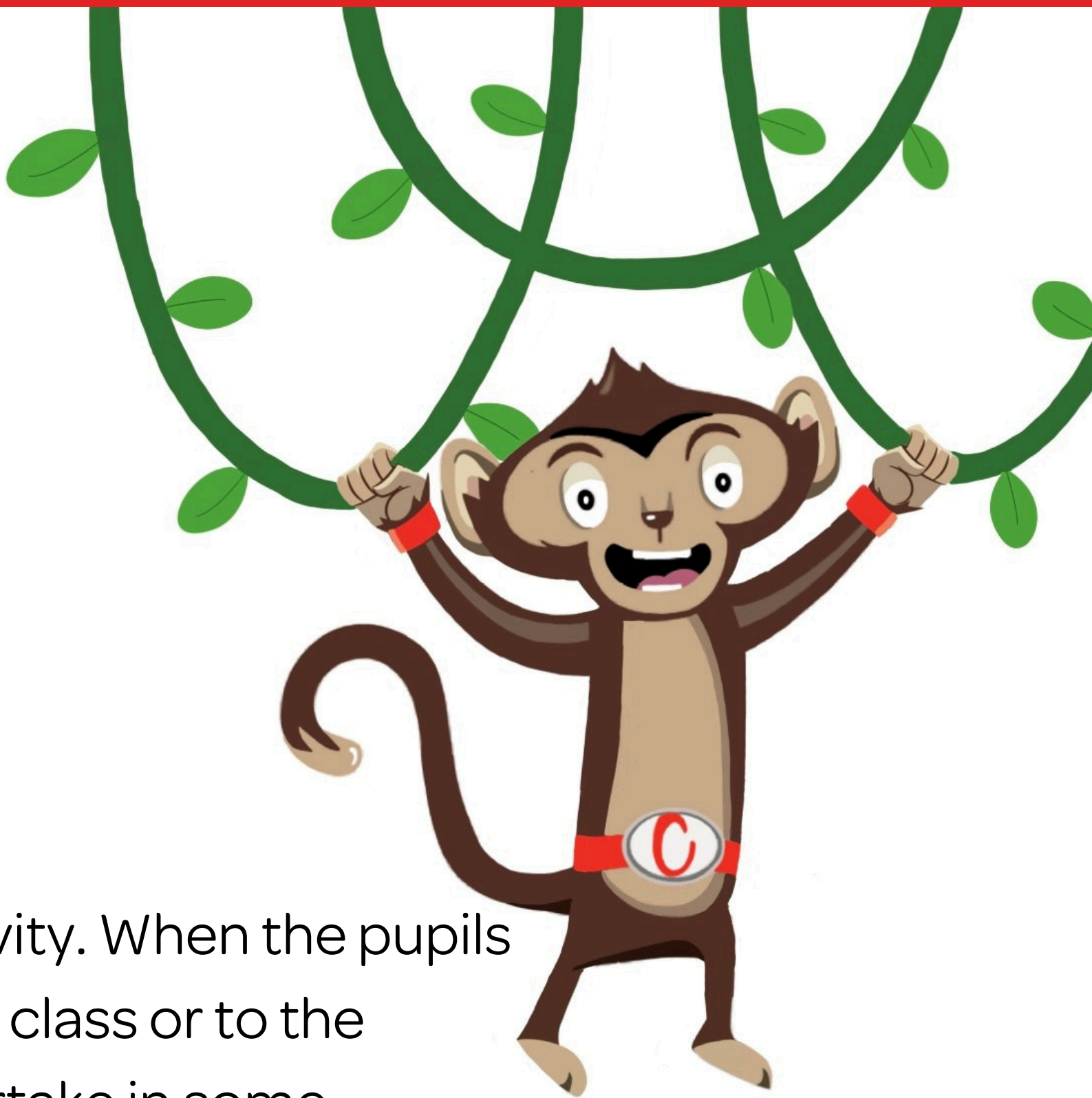
Teacher Tips

Refer to the Activity Sheet for some examples of movements!

Foundation: Pupils could partake in activities for two minutes, changing activity every 20 seconds with a 10 second break between

Key Stage 1: Pupils could partake in activities for two minutes, changing activity every 20 seconds with a 10 second break between

Key Stage 2: Pupils could partake in activities for two minutes, changing activity every 30 seconds with a 10 second break between



**Chest
Heart &
Stroke**

Move in Line

This is much more of a transitional activity. When the pupils are lined up and are about to move back to the class, to the playground or to the dinner hall for example, ask them to partake in some movement activities

Foundation Examples:

- Calf raises
- March on the spot
- Jump
- Star Jumps
- Pretend to ride a horse

Key Stage 1 Examples:

- Hop on 1 leg
- March on the spot
- Calf raises
- Star jumps

Key Stage 2 Examples:

- Squat
- Lunges
- Opposite knee to elbow
- Fast feet on the spot

Seated Examples:

- Shoulder press
- Shoulder rolls
- Seated leg raises
- Side leans

