

Skate Break



Brain break



3-5 minutes



Instructions

Teacher asks pupils to find a space on a wall, where the pupils place one hand on the wall and the foot of the same side is on the ground. Using the other leg, imagine you are skating through the town. The teacher may have to set the scene and tell pupils that they're coming to corners, crossings, obstacles and hills

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
- Remind pupils if they lose balance to not reach for somebody else to stabilize themselves

Teacher Tips

Foundation: Pupils will use small kick back movements, can go faster or slower

Key Stage 1: Pupils can lean to either side to pretend they're turning corners, freezing as they come to crossings

Key Stage 2: Pupils can jump over obstacles, lean to the side, freeze to stop



Chest
Heart &
Stroke