

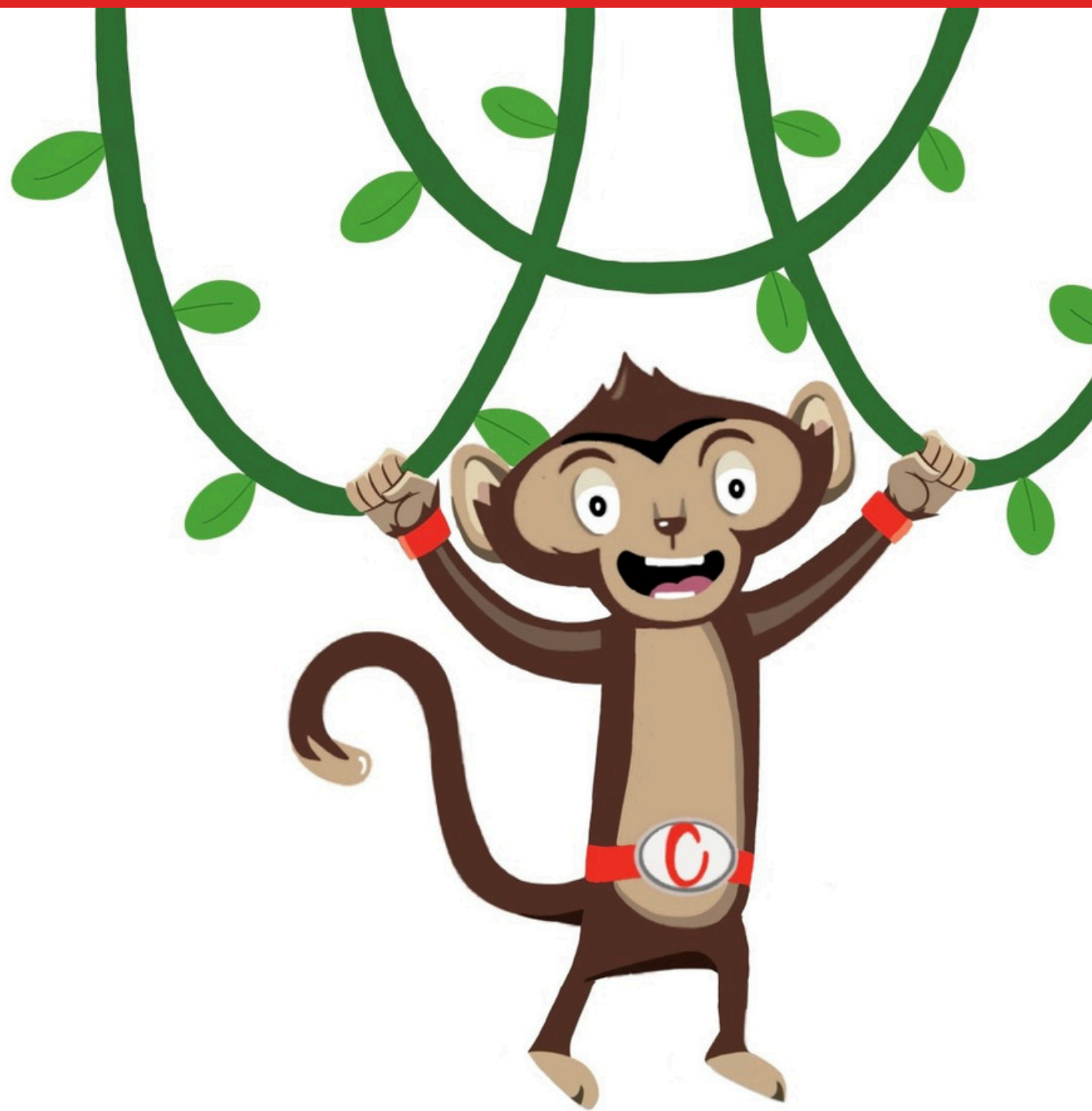
# Motion Break



**Cardio Booster**



**3-5 minutes**



## Instructions

Ask pupils to move slightly away from desks and chairs, but pupils may want to use the back of their chairs for balance. This activity involves doing a set amount of movements with different parts of their bodies, like a mini circuit.

## Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity.
- Ensure pupils leave stationary on the table.
- Remind pupils of their own spatial awareness.
- Give clear instructions.

## Teacher Tips

This activity is suited to all ages. See activity sheet for more information.

Foundation: some of the exercises may need to be demonstrated to the pupils first

KS1 & KS2: if necessary you could split the class into two groups to complete this active break if space is limited.

There is also a seated motion break using arms only available.

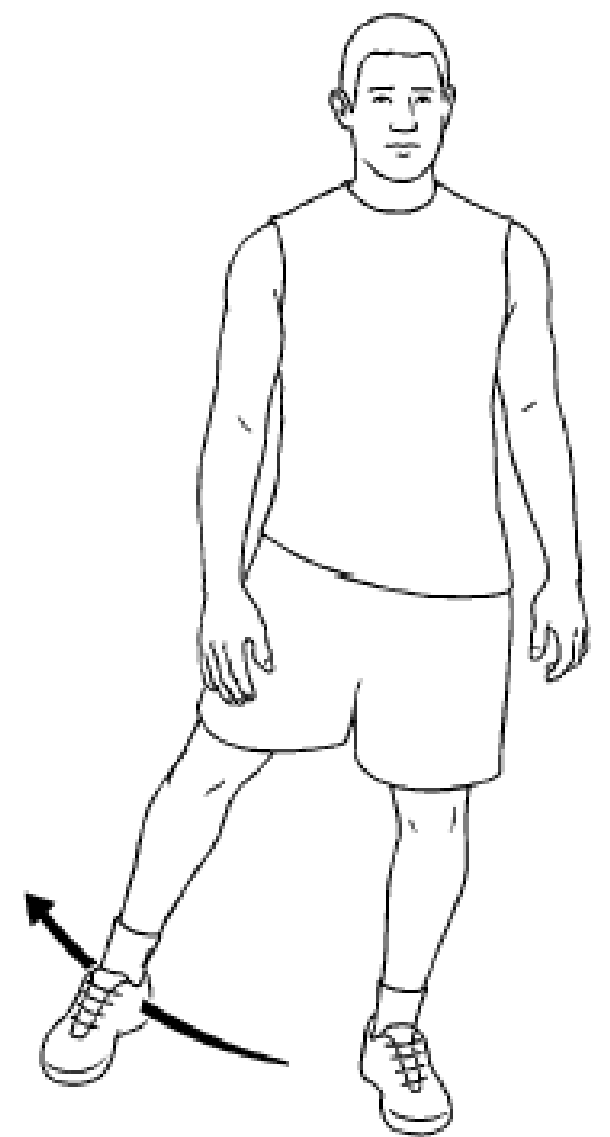
Chest  
Heart &  
Stroke

# Motion Break

Ask pupils to find some space in the room, they may want to use their chairs for balance. Then ask them to repeat the following exercises below. This active break is a useful tool following a long period of sitting down or even a long period of concentration during a hard topic.

## Foundation

- 5 x leg abduction (each side) - standing tall, move one leg out to the side while keeping the leg as straight as you can. Stop at about knee height of the standing leg and repeat.
- 5 x shoulder rolls forwards
- 5 x hip extension (each side) - standing tall, take one leg behind you as far as you can, while keeping it as straight as you can.
- 5 x shoulder rolls backwards
- 5 x knee raises (each side) - can also be done without holding onto the chair.



Leg abduction



Knee raises



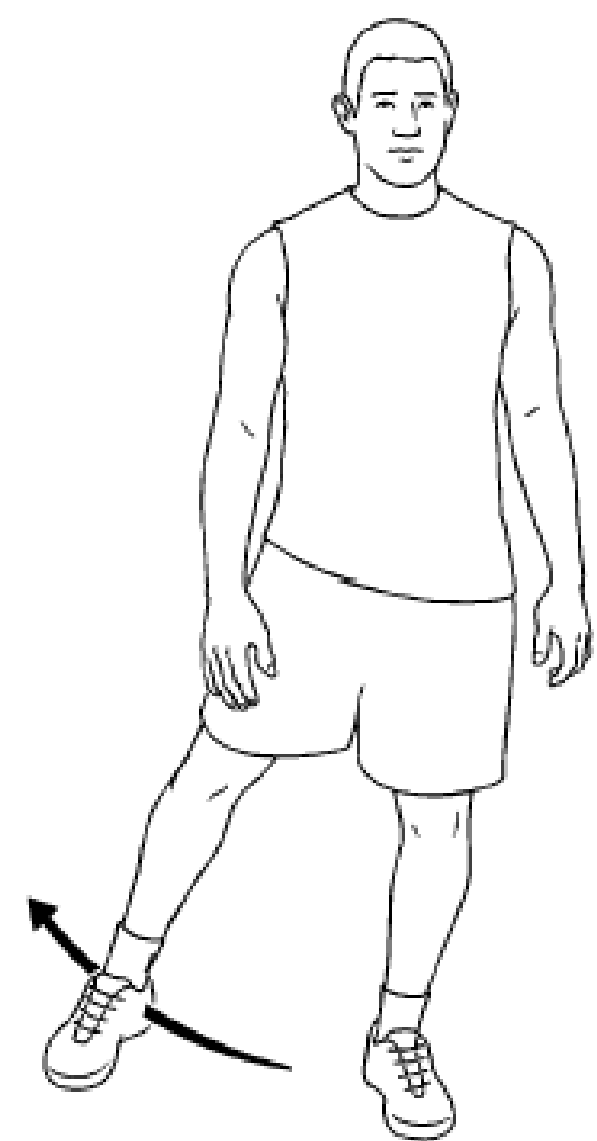
Hip extension



Chest  
Heart &  
Stroke

# KS1

- 10 x leg abduction (each side) - standing tall, move one leg out to the side while keeping the leg as straight as you can. Stop at about knee height of the standing leg and repeat.
- 10 x shoulder rolls forwards
- 10 x hip extension (each side) - standing tall, take one leg behind you as far as you can, while keeping it as straight as you can.
- 10 x shoulder rolls backwards
- 10 x knee raises (each side) - can also be done without holding onto the chair.



Leg abduction



Knee raises



Hip extension

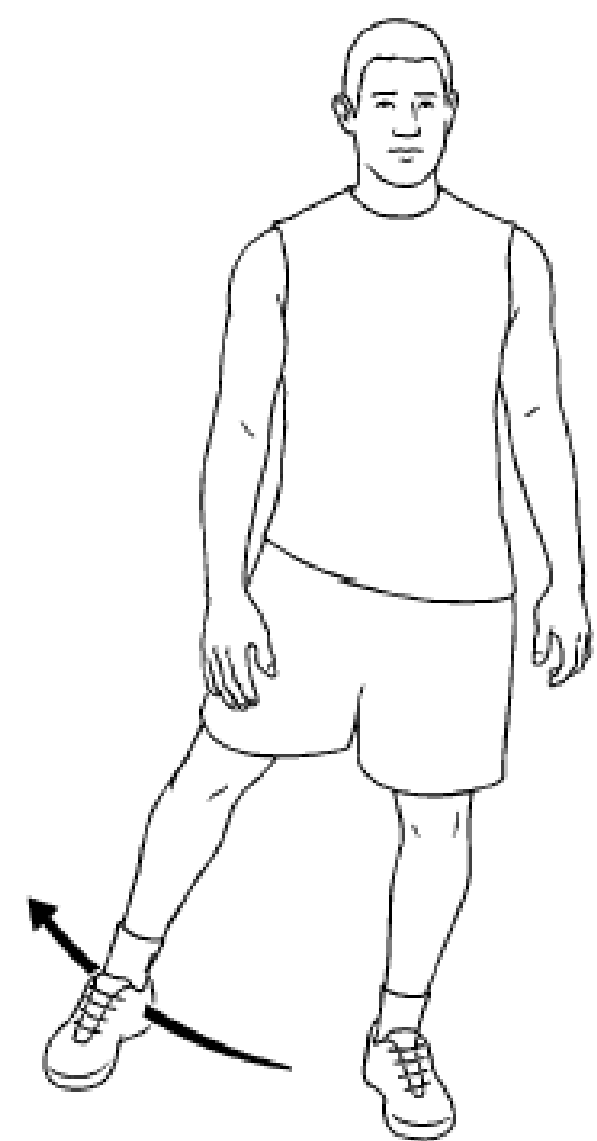


Chest  
Heart &  
Stroke

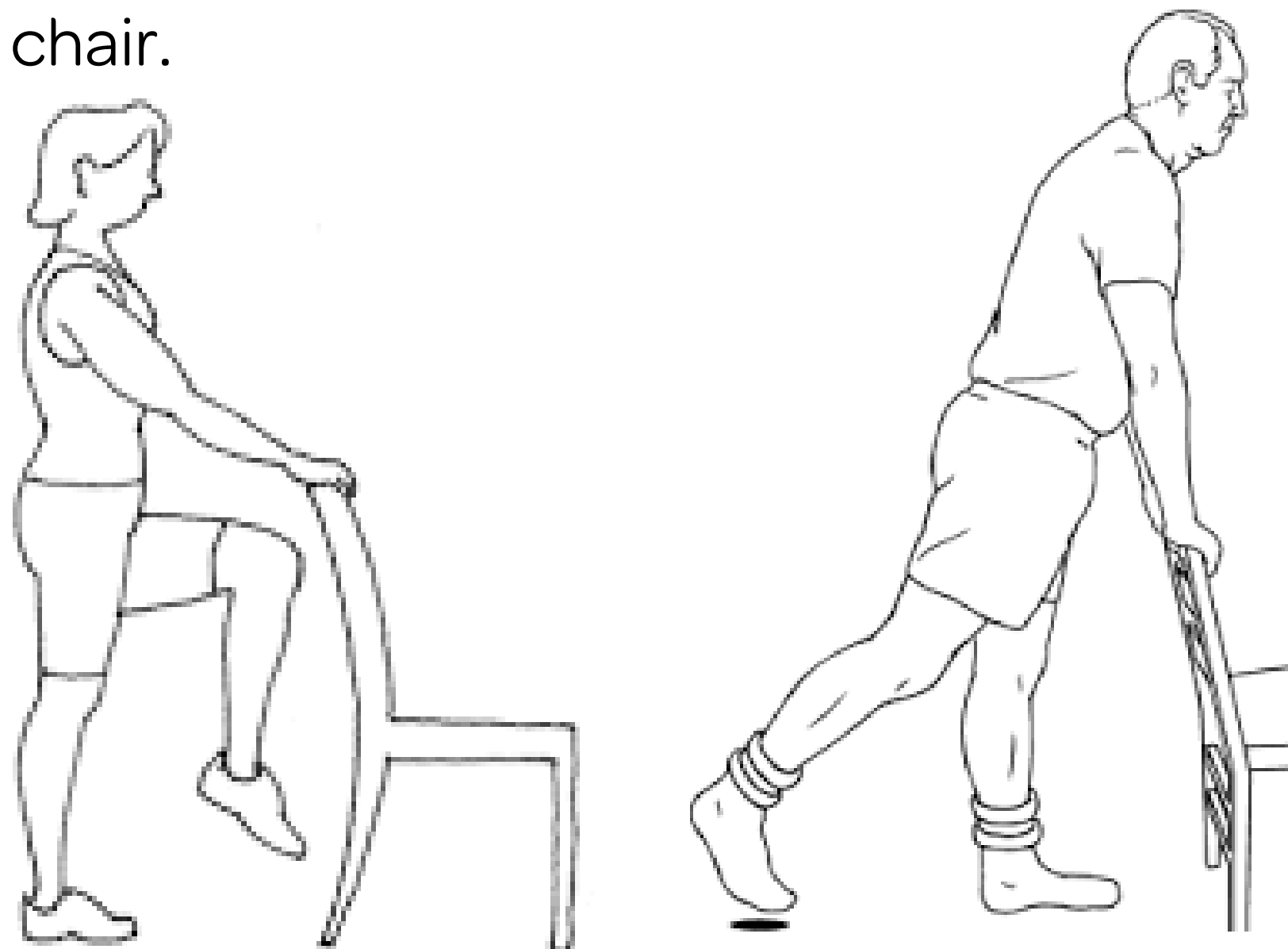


## KS2

- 12x leg abduction (each side) - standing tall, move one leg out to the side while keeping the leg as straight as you can. Stop at about knee height of the standing leg and repeat.
- 12 x shoulder rolls forwards
- 12 x hip extension (each side) - standing tall, take one leg behind you as far as you can, while keeping it as straight as you can.
- 12 x shoulder rolls backwards
- 12 x knee raises (each side) - can also be done without holding onto the chair.



Leg abduction



Hip extension



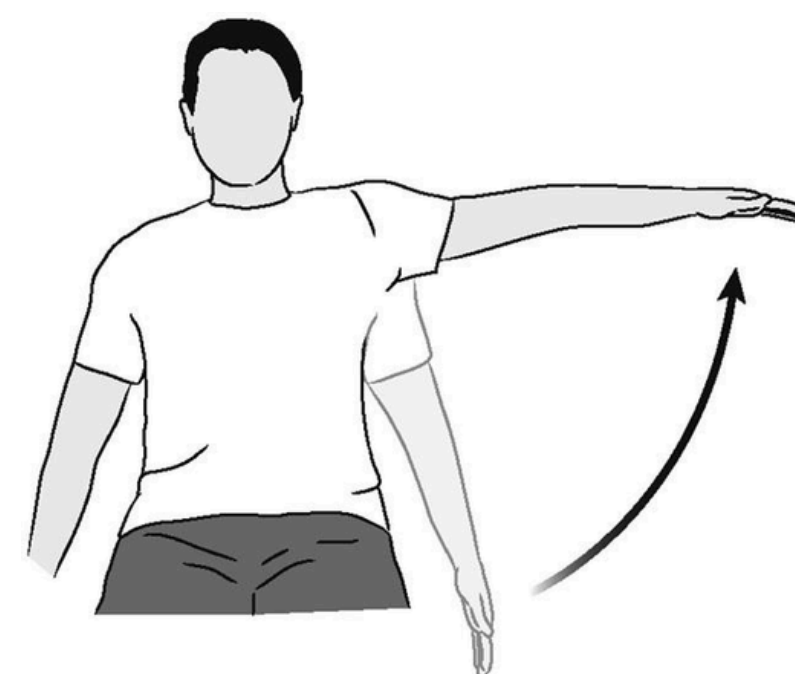
Knee raises



Chest  
Heart &  
Stroke

# Seated Motion Break

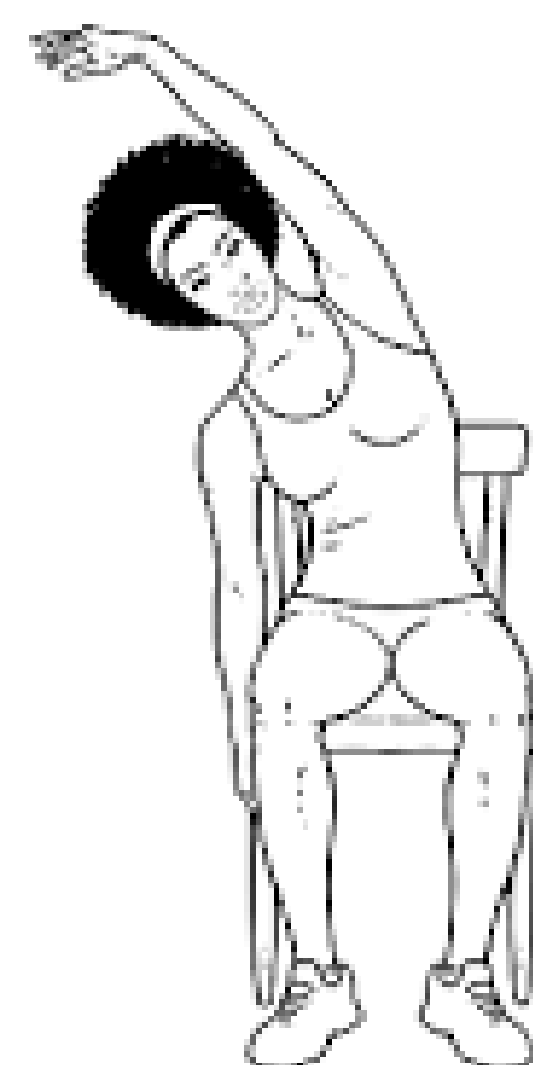
- 10 x shoulder abduction - sitting tall, move both arms out to the side, stopping about shoulder height.
- 10 x shoulder rolls forwards
- 10 x side bends (each side) - sitting tall, take one arm down by your side and reach overhead with the other.
- 10 x shoulder rolls backwards
- 2 x forward reaches (10s hold each time)



Seated shoulder abduction



Seated reach



Seated side bend



Chest  
Heart &  
Stroke