

Tip Toe



Lively Lesson



2-5 minutes



Instructions

Instruct pupils to stand behind their desks and stand on their tip toes, see suggested numbers below. This break encourages pupils to do calf raises, get the blood pumping and give their minds a break before getting back into a difficult task. If any pupils are unable to stand use this as an upper body stretch break. The teacher can decide how long they want the break to last, by how many repetitions they do.

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
- Leave all stationary on tables

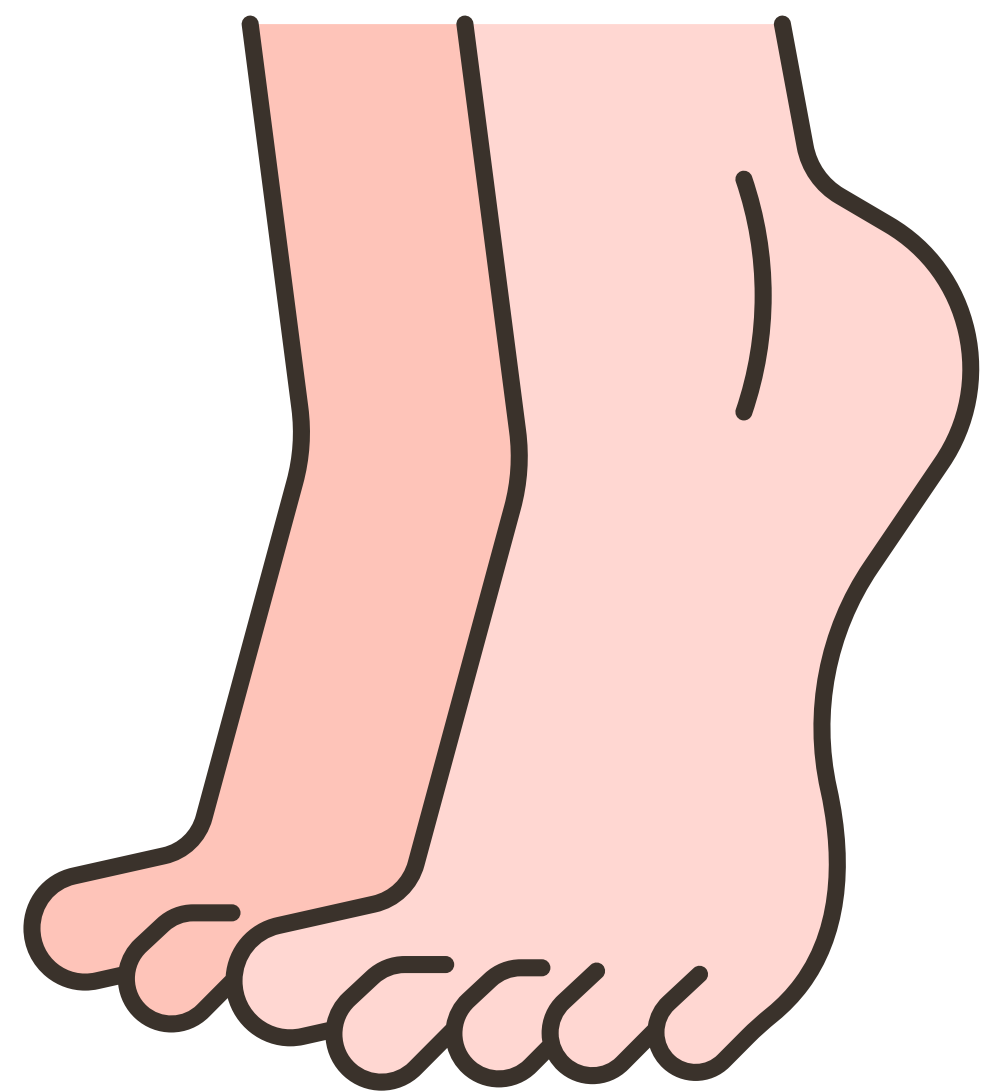
Teacher Tips

This activity is suited to all ages.

Foundation: try 10 calf raises once

KS1: try 15 calf raises twice

KS2: try 20 calf raises twice



Chest
Heart &
Stroke