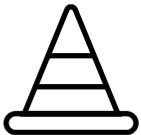


## Physical Activity Breaks & Games

Physical Activity Breaks and Games are designed to provide easy activities and games with little preparation to get students moving during the day.

All activities can be done inside, outside, in small or large spaces.



### Obstacle Course

#### Materials

- Playground equipment
- Cones
- Masking tape to mark off starting and finishing lines
- Hula hoops
- Jump ropes
- Pillow cases to get in and jump to a designated spot

Take a moment to look around your building, inside and outside, and think of ways to use existing equipment and structures to get your kids moving. Be creative! Most anything you may have can be used to construct a fun course.

#### Instructions

Take a few minutes before starting the obstacle course to demonstrate how students should go through each area of the course. Then have them line up in two teams at your designated starting lines.

#### Leader Cues

We are going to go through a super fun obstacle course today! I am going to break you up into two different teams and each team is going to line up behind this starting line. You will then... [Provide instruction and demonstrate each portion of the obstacle course you have designed]. The winning team will do a victory dance!

*Don't be discouraged during the winter months! Incorporate activities like making snow angels, throwing snowballs at a target (away from other students), climbing a massive snow bank, etc.*

## MyPlate Relay



### Preparation

Write down each of the five food groups on the paper bags, one per bag (vegetables, fruits, dairy, grains and protein). Then write a variety of food items on the index cards (one item per card).

Create two identical sets of cards and food group bags.

Mark off the starting line and place each set of index cards at two different points along the line, about 10 feet away from each other (or a distance appropriate for the space you have). Line up one complete set of labeled lunch bags across from each stack of index cards and as far from the start line as the space allows so students run as far as possible. Divide students into two teams and have them line up behind the starting marker, next to their deck of index cards.

### Materials

- 10 brown paper lunch bags
- Index cards
- Markers
- Masking tape to mark off start line

*Use whatever you have to mark the start line – cones, playground equipment, chairs, etc.*

### Leader Cues

We are going to play a game called MyPlate Relay. There is a food item listed on each card in the pile next to your line. When I say, "Go!," the first person in line is going to grab a card and read it. You will then run to the brown paper lunch bags labeled with different food groups and place the card in the correct food group bag. You will then run back and tag the next person in line. The first team to put all of their cards in the correct bags will be the winner!



## Heart Smart

### Instructions

Begin this activity by discussing the heart as a class.

Talk about things like:

- Where it is located? (left side of chest)
- What size is it? (fist-sized)
- What is its function? (to deliver blood to the body)
- What types of activities strengthen it? (running, biking, eating healthy diet, etc.)
- What types of activities weaken it? (smoking, unhealthy diet, inactivity, etc.)

### Examples

- Riding a bike – jump
- Eating a giant ice cream sundae – squat
- Walking your dog – jump
- Roller skating – jump
- Taking the elevator – squat
- Taking the stairs – jump
- Walking to school – jump
- Eating broccoli – jump
- Having a dance party – jump
- Watching TV – squat
- Vacuuming for your parents – jump

### Leader Cues

Now that we have learned a little bit about the heart and how to keep it healthy, we're going to play a game called Heart Smart. I will call out an activity that either strengthens or weakens the heart. If you think it makes the heart stronger and healthier, jump as high as you can! If you think it makes the heart weaker, squat down as low as you can go.

## The Classroom Workout Circuit

Have students do each of the following in place for 1 minute each:



Jog in place



High knees



Jumping jacks



Hop on one  
foot, then  
the other



Hop on  
both feet

Feel free to mix up the order or incorporate other exercises into the routine.

## Food Freeze



### Materials

- 5 large pieces of paper
- Markers
- 5 hula hoops (optional)
- Music (optional)

### Preparation

Write down each of the five food groups on the five pieces of paper (vegetables, fruits, dairy, grains and protein). If you have hula hoops, set them around the perimeter of the room or outdoor space and place one paper in the middle of each hoop. Have students gather in the middle of the space. Come up with a list of food items from each food group to call out during the activity.

### Leader Cues

We are going to play a game called Food Freeze. I am going to turn on the music and you are going to skip around the middle of the room/outdoor space. When I turn off the music, I will call out a food item, such as oatmeal, and you will run to the hula hoop with the food group you think that food item belongs to. Everyone who goes to the correct food group will get to do a victory dance!

*For younger students who may have trouble reading, use pictures for each food group instead. Be sure to clarify the correct food group after they have picked their station.*



## Let's Go...to the Olympics!

### Instructions

Instruct students to march or jog in place, then make up a narrative leading students through a variety of 10-second activities as if they were competing in the Olympics.

Ask students to come up with their own activities. Examples: Jump over a giant hurdle, crawl under a creaky balance beam, swim through a deep pool, sprint across the long soccer field.

*For running events, instruct the students to run in place, lifting their knees as high as they can.*

### Leader Cues

Today we are gold medalist athletes going to the Olympics! As we march from the start to the finish line, there will be a lot of tasks for us to complete in order to earn our gold medal. When I call out each activity, we will stop marching and act it out in the silliest way possible until I put my hand up as a sign that the task is over. Then, we'll keep marching until the next activity is called out.



## Grocery Shopping

### Materials

- 2 reusable grocery shopping bags
- Index cards (at least one for each student)
- Markers

- Masking tape to mark off a start line

*Use whatever you have to mark the start line – cones, playground equipment, chairs, etc.*

### Preparation

On one side of each index card write down a food item, and on the other side write down an activity. For example, Tomato/15 jumping jacks, Apple/10 squats, Water/7 push-ups, etc. Make sure you have at least one card per student. Mark the starting line and place the reusable grocery bags as far away from the start line as your space allows. Place the cards into the two grocery bags, splitting them evenly between the bags. Divide the students into two teams and have them line up behind the starting marker.

*To change up the activity, have children skip, hop, side-shuffle, etc. instead of running to the grocery bags.*

### Leader Cues

We are going to play a game called Grocery Shopping. When I say, 'Go!', the first person in each line runs as fast as they can to their grocery shopping bag. You reach into the bag and pull out one index card. On that card, you will find one side lists a food item and the other side lists an activity. You will do the activity on your card and shout out a healthy way to eat the food on the card; for example, cut up in a salad, in a yummy sandwich, or fresh from the refrigerator! Then you run back to your team, tagging the next person in line so they can start their turn. The first team to bring all the cards back to the starting line will be the winning team!