

BIZZY BREAKS!

A PHYSICAL ACTIVITY BREAK FOR CHILDREN

Part of the G70 Active School Pack



GET READY

Safety check

- Put bags out of the way.
- Pens and pencils out of hands.
- No eating during Bizzy Breaks.
- Is there space between your feet?
- Are your shoe laces tied?
- Are you free to lean forwards and sideways?
- Is it safe to twist your body around?
- Is it clear to swing your arms?

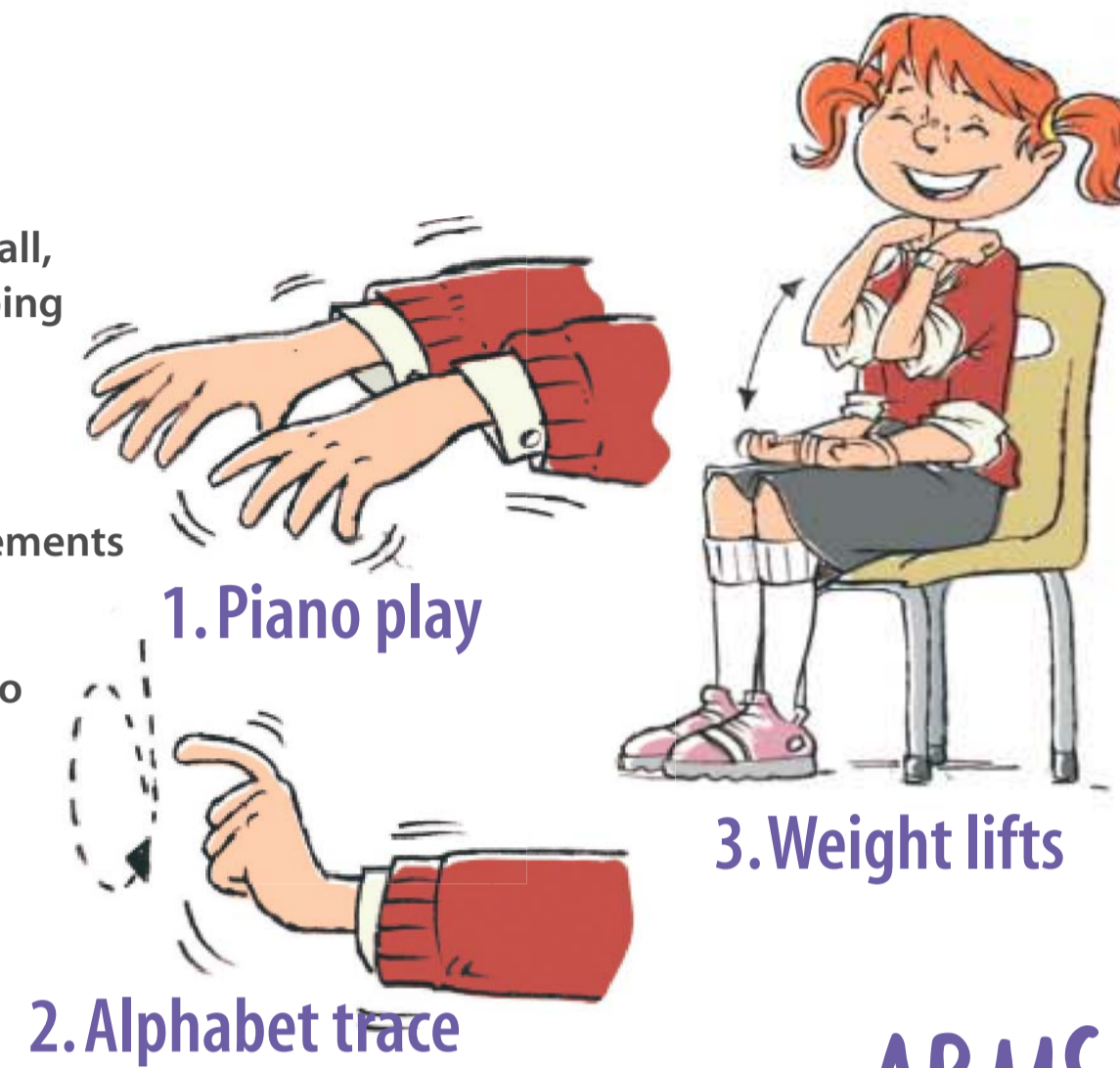
Sit up check

- Sit away from the back of the chair.
- Bums on edge of seat and hands on thighs.
- Spread feet shoulder width apart and keep firmly on the ground.
- Sit straight - shoulders over hips and knees over toes.



LOOSENERS

- Keep the movements small, slow and fluid - no snapping or jerking.
- Do not hold the actions.
- Breathe during the movements - sing, sigh or say things.
- Repeat each activity up to 8 times.



1. Piano play
2. Alphabet trace

3. Weight lifts

ARMS



4. Shoulder shrug



5. High reach

TRUNK



6. Slo-mo march



7. Heel touch



8. Press & pull

LEGS

HUFFERS

- Only do the Huffers after doing the Looseners.
- Use lively background music.
- Do not stop between actions.
- Use on the spot walking as a transition or rest period if there are signs of over-exertion.
- Repeat each activity up to 8 times.
- Do not hold the breath - sigh, sing or huff.



1. Spot walk



2. Hup march



3. Punch bag



4. Side step



5. Bounceroo



6. Breast stroke



7. Split bounce



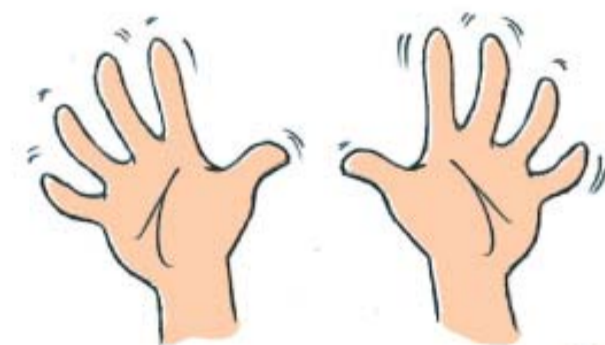
8. Sky punch



9. Spot walk

STRETCHERS

- Do the stretchers when the body is warm all over i.e. after doing the Looseners and the Huffers.
- Use slow background music.
- Move into each stretch slowly.
- Stretch to the point of mild tension - then hold the stretch for 5-10 seconds.
- Repeat each stretch 3 times for both sides of the body.



1. Finger pan



2. Wrist wrencher

ARMS



3. Wing wings



4. Bum stretcher



5. Calf stretcher

LEGS



6. Shin stretcher



7. Side benders



8. Trunk twister

TRUNK



9. Reacher upper