

"I Need A Break!"

Ideas for Indoor Movement Activities

Kindergarten to Grade 3

- Stand for as long as you can on one foot... Now try the other foot.
- Hop on one foot... Can you stay in one spot?
- Touch your toes, then jump as high as you can five times.
- Do ten jumping jacks.
- Pretend you're marching somewhere, pumping your arms and lifting your knees high.
- Throw a stuffy back and forth with someone ten times.
- Stand back and throw a stuffy into a container like a cardboard box or a storage bin. Try ten times and count how many times you got it in.
- Walk like a bear to somewhere in the house such as, "Around the table and back," or "Touch the couch and back."
- Walk like a crab somewhere and back.
- Walk on your toes somewhere and back.
- With your arms over your head, roll to your right along a mat or carpet.
- Pretend to be a superhero by laying on your tummy and lifting your arms and legs off the floor.
- Pretend you're a kernel of popcorn getting ready to pop: On your back, curl up into a ball by wrapping your arms around your knees... Then, pop!
- On your hands and knees, curl your back up like a cat, then let your back sag down. Go back and forth for one minute.
- Lie on your back and lift your bottom off the floor to make a bridge. Can you hold it while your count to 20?
- Do push-ups against a counter or wall.
- Spin around in a circle ten times, then get a big hug!