

## MOVEMENT BREAKS Grades 3-6

Each day you should play this bingo board to make movement choices throughout your day. Use small objects to mark the board when you complete tasks. Try to get bingo each day by completing five movement tasks in a row. **STAY Safe**, ensure you work within your abilities, practise sun safety and have an adult accompany you if you leave the house.

Bounce a ball 5 times and then rebound it off the wall for 5 minutes.	Create an obstacle course of things to go under, over, through and around objects in the house.	Run up and down the drive way or hall 20 times.	Do jumping jacks (star jumps) while singing 'Dance Monkey'.	Throw a balloon or scarf in the air and try to hit it with different body parts (head/knee/bottom/chest/back)
Go outside and touch 10 different types of trees.	Go for a family bike ride.	Do 30 sit-ups (crunches)	Balance in 5 different positions and see if someone can mirror your positions.	Walk around the block with an adult and keep a tally of how many cars you see and what colour they are.
Skip with a rope or pretend skip for 5 minutes.	Hit a balloon in the air for as long as you possibly can (alternating from using a hand and then a foot).	Do 10 cartwheels.	Draw an obstacle course, with a line around the drive way with chalk-write little movement tasks every couple meters (e.g. jump x 10).	Play hide and seek tag with a sibling or adult for 5 minutes.
Do a handstand against the wall and hold it for as long as you can.	Make an obstacle course that you have to jump over, run around and crawl under. Ask an adult to time how long it takes to finish it. Then try and beat your time!	Try to jump a lap of the yard/lounge with a balloon between your legs.	Create a new dance or a do a tick-tock dance and share it with someone.	Do 10 x BURPEES or Push-ups.
Have a dance party, you could look up and learn a new type of dance, like break dancing or line dancing!	Bounce a ball and see how high you can get it to go.	Do 40 star jumps!	Twirl in a circle 10 times and then walk in a straight line.	Bear walk on hands and feet (legs straight) around the yard/lounge 3 times trying to stay down on hands/feet at all times.