

MOVEMENT BREAKS PREP-Grade 2

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 a task. Try to get bingo each day by completing five movement tasks in a row. *STAY Safe, ensure you work within your abilities, practice sun safety and have an adult accompany you if you leave the house.*

Throw and catch a ball with someone or the wall for 5 minutes.	Create an obstacle course of things to go under, over, through and around.	Run up and down the drive way or hall 10 times.	Do jumping jacks (star jumps) while singing the alphabet and then singing 'Happy Birthday'	Throw a balloon or scarf in the air and try to hit it with different body parts (head/foot/elbow/bottom)
Go outside and collect leaves, twigs or small rocks to make a shape with.	Go for a family bike ride.	Move around the house/yard like a stomping bear and/or a crawling wombat.	Balance on one foot for as long as you can, then the other, then balance on one foot and one hand!	Walk around the block with an adult and count how many street lights or letter boxes you can see.
Skip with a rope or pretend skip for 3 minutes.	Hit a balloon in the air for as long as you possibly can.	Try 5 handstands or cartwheels!	Draw a hopscotch with chalk on the driveway or street and play.	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.	Try to run across the yard/lounge with a balloon between your legs.	Create a dance and share it with someone.	Jump like a kangaroo and visit every room in your house and/or around your back yard.
Put on a song, and dance until it's finished.	Move like an animal and have an adult/sibling guess which animal you are.	Do 20 star jumps!	Put two objects on one end of the room and the other, make space and see if you can roll like long sausage from one object to the other.	Sit down with your legs straight, see if you can touch your toes and then see if you can get up without using your arms.