

# 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?

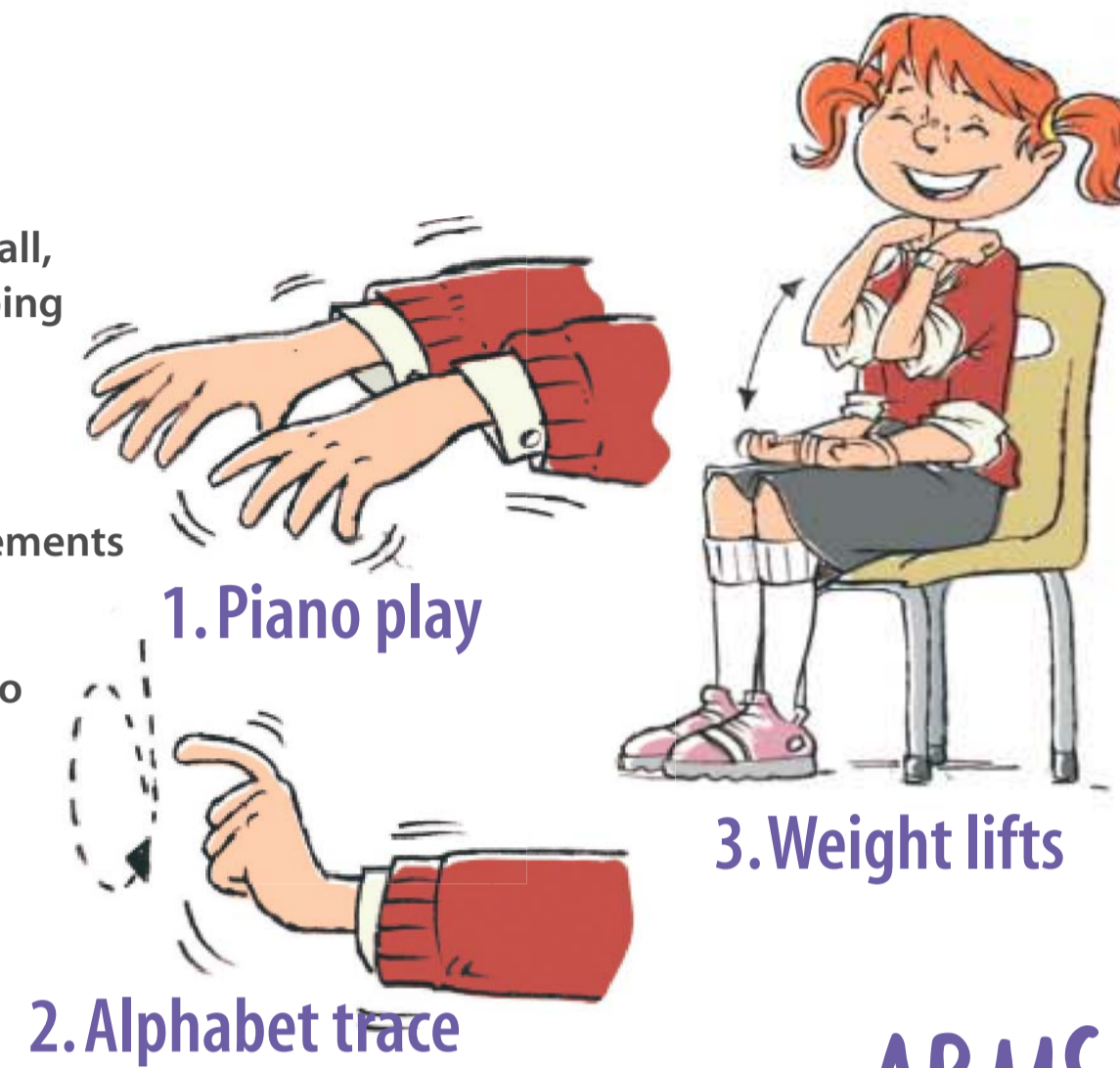
#### Sit up check

- 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