

Creating your own movement breaks

Examples of Resistance and Weight Bearing Movement Breaks – Shown in Videos

Example 6 Creating your Own. These children chose:

1. Bend forward hinging from waist with arms outstretched and back 5 times.
2. Bring knee up and touch with opposite hand 10 times.
3. Squats to stand 10 times.
4. Kneeling on floor and walking to stand one leg at a time 5 times
5. Stand up and stretch to the ceiling for 10 seconds.



Getting started - Selecting the Right Kind of Movement

- Now you have followed some of the movement break sequences on this site, you might be ready to create your own either by yourself or involving your learners.
- There are many different types of movement breaks that support the body's sensory and physical systems in all sorts of ways.
- Movement activities which support the proprioceptive system in particular have lots of effects. For example, they can be calming, and support attention.
- As a general rule, movement that is up and down and side to side is more calming than rotating (spinning), fast and angular movements which can have a more stimulating/alerting effect.

Getting started – More things to keep in mind

- Resistance, stretching and weight bearing activities are most effective.
- Very aerobic activities are supportive only when the class/learners are particularly sluggish
- Single activities or a combinations of activities can be equally appropriate depending on the learners and your set up.
- Don't forget to download music from LGfL's copyright free database of thousands of music tracks at <http://audionetwork.lgfl.net> so pupils can do activities to music if you choose. This can add a nice additional feature to movement breaks.

Additional Resistance and Weight Bearing Movement Examples

- Push up on a chair
- Push hands together and squeeze
- Make an arch with their arms with a partner and push
- Pupils in pairs push on each other shoulders
- Do press ups on floor or against a wall or desk
- Lift 2 balls or beanbags above their head 10 times
- Tug of war
- Pass a heavy ball up and down groups of children

Additional Stretching Movement Examples

- Stand up and stretch to the ceiling!
- Yoga movements
- Leg stretches
- Back and arm stretches
- Gentle neck and head rolls (be particularly careful here)

Examples of Aerobic Movement Activities

(To Energise after Periods of Quiet Learning/Sitting)

- Jump on the spot
- Lift left knee and touch with right hand and swap to the other side
- Sit down and stand up
- Shake partners hand and turn back and shake other partners hand
- Marching or running on the spot
- High kneeling to stand
- Star jumps marching
- Shake or dance breaks

Hand and Arm movement Examples

Before writing (See Section 2 of this resource)

- Finger wiggles
- Clapping sequences
- Squeeze hands together
- Run fingers up and down the table
- Pincer/release
- Close and open hands
- Roll hands over pencil
- Interlock fingers and stretch to ceiling