

## Light Exercises

### Sky reaches

Do this three times:

1. Stand up.
2. Swing arms up to the sky.
3. Rise up on your tippy toes.
4. Reach for the sky while keeping your body tight.
5. Hold for 15 seconds.
6. Lower your heels and arms.

### Shoulder blasts

Do this 10 times:

1. Hold your arms straight out to the sides.
2. Make arm circles forward (start with small circles, then gradually larger circles).
3. Reverse direction and make arm circles backward (large circles, then gradually smaller circles).
4. Raise your arms in front of your body and move your arms up and down.
5. Raise your arm above your head and wave them side to side, like a windshield wiper.
6. Pump your arms above head to "raise the roof."

### Squats

Do this 10 times slowly:

1. Stand with your legs a little wider than shoulder-width apart.
2. Hold your arms out in front of your body.
3. Slowly bend your knees and squat down until your thighs are parallel to the floor.
4. Rise up slowly.

### Hand walks

Do this five times:

1. Bend forward at your waist.
2. Reach down and touch hands to floor.
3. Walk your hands out for a count of 8.
4. Walk your hands left for a count of 4.
5. Walk your hands back to the center for a count of 4.
6. Walk your hands right for a count of 4.
7. Walk your hands back to the center for a count of 4.
8. Walk your hands back for a count of 8.

### Star jumps

Do this 10 times:

1. Squat until your thighs are parallel to the floor (see **squats**).
2. From this position, jump up reaching your hands and feet out like a star.
3. Land softly on your feet, dropping back to the squat position.

### Mountain climbers

Do 20 foot switches:

1. On the floor, go to a plank position by putting your:
  - o Hands flat on the floor
  - o Hands shoulder-width apart
  - o Arms straight
  - o Back flat
2. Mimic a running motion by switching one foot at a time.  
Students can add intensity by adding speed.

## Moderate Exercises

Kids doing moderate physical exercises breathe harder than normal, move fairly quickly, and find it a little difficult to talk during the activities.

### Robots

Do this fast exercise 20 times:

1. Stand up tall.
2. Hop forward, then immediately backward.
3. At the same time, raise one arm up and one arm down.
4. Keep hopping your feet front and back while alternating arms up and down simultaneously.

### **Hand pushes**

Do this isometric exercise, five times, with a 20-second break between each:

1. Put your hands in front of your face, with your palms touching.
2. Push your palms and fingers against themselves.
3. Keep pushing your hands together for 10-15 seconds.

Students can push their hands together as hard as they are comfortable as long as it doesn't hurt. Make sure students breathe during this exercise, because many kids tend to hold their breath while pushing. Challenge students to stand on one leg while pushing, then repeat standing on other leg.

### **Frog jumps**

Do this dynamic exercise 12 times:

1. Start in the squat position (see **squats**), feet a little wider than shoulder-width apart.
2. Put your hands between your legs, like a frog.
3. Jump upward, and softly land back to the frog position.

Students may want to try this variation: While jumping up, click your heels together.