

Classroom Activities



5-4-3-2-1

Suggested Levels: 5-12

Time: Less than 5 minutes

Foundation: Varies depending on movements (see ideas below)

Equipment: None needed

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: In this simple game, have students stand up. The teacher then gives them 5 different movements in descending order.

For example, “Do five squats, spin around four times, hop on one foot three times, do two jumping jacks, and give your neighbor one high five”.

Movement Ideas:

Jumping jacks (Cardio)

High five your neighbor (Cross Lateralization, Hand/Eye Coordination)

Hop on one foot (Balance)

Squats (Strength & Endurance)

Spin around (Proprioception)

High Knees (Cardio)

Windmills (Opposite hand touches opposite foot) (Cross Lateralization)

Mountain climbers (Cardio)

Lunges (Strength and Endurance)

Do so many steps walking heel to toe in a straight line (Balance)

Source: Modified from <http://minds-in-bloom.com/20-three-minute-brain-breaks/>