

Classroom Activities



Don't Fall

Suggested Levels: 8-12

Time: Less than 5 minutes

Foundation: Balance, Strength & Endurance

Equipment: None needed

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

Description: Point your arms towards the ceiling. Lift your right leg and put it behind you. Try to keep your knee straight. Lean forward with your body. Try to make your body, arms, and leg parallel with the ground. Hold for 10 seconds. Repeat sequence again starting with your left leg behind you.

Source: Modified from <http://brainbreaks.blogspot.com>