

# LHC - Lesson Break ideas

## FITNESS DICE

Use two dice. Assign each number of the dice a physical activity. Roll one dice to determine the number of times the activity will be done. Roll the other dice to determine the activity. Examples of physical activities include: march in place, elbows to knees, reverse lunges, heel walks.

## HOLD THAT POSITION

Students stand and hold arms straight out to the side for one minute. Challenge students by having them hold an object such as a book or water bottle in each hand.

## JUMPING JACKS BREAK

Set a timer for the end of a lesson. When the timer goes off, students do 20 jumping jacks. Repeat throughout the day.

## BOOK SMARTS

Have students stand up out of their chair and pass their book quickly from hand-to-hand around their waist in a clockwise direction. Then have them stop and go the opposite direction.

## ACTING OUT

Read a paragraph or page of a book and every time an action verb comes up; the students have to act it out.

## MAGIC WORD

Assign a 'magic word' for the day that is related to the lesson and a physical activity. For example, in history class the magic word could be Kathy Freeman.' Every time the teacher says the 'magic word' the students jog in place for 30 seconds. Vary the 'magic word' and activity daily.

## TIMEOUT

Have students stand up, take a deep breath for five seconds, hold for five seconds and breathe out slowly for five seconds. Repeat five times.

## TAKE A SEAT

Have students find a place on the wall and slide down into a position as if they are sitting in a 90-degree angle against the wall. Back should be flat against the wall, knees directly above ankles. Knees should NOT extend beyond toes. Hold for as long as possible and repeat three times.

## ACTIVE LITERATURE

Read or have students read excerpts from literature or news articles aloud to the entire classroom and every time the words a, an, the, by and there are heard, the classroom must stand up, jump and then sit down quickly.

## COOL-DOWN ACTIVITIES

- Take three deep breaths while raising arms over head.
- Do some light stretching for a minute (side bends, bend down touch your toes, arms circles, head rolls, etc.).
- Have students lay their head on their desk while the teacher counts for 20 seconds.

## BACKPACK BOOK LIFTING

Have each student perform basic arm curls with their backpacks or a book. Do 12-15 reps slowly, counting five on the up and five on the down motion. Do three sets.

## SHAKESPEARE LITERATURE

Read or have students read excerpts from Shakespeare to the entire classroom and every time the words thee, thou, thine, thy and thyself are heard, the classroom must "stand up-jump-sit down" quickly. (For a variation, use this idea with anything students read aloud. For example, if you are reading a news article, have students "stand up-jump-sit down" every time they hear the words a or an.)

## SOUND THE ALARM!

Create an alarm noise that triggers the students to get up and out of their chairs. Have them fast-pace walk out of the room, around the house and back. They should run for two minutes and then fast pace it back to their chair.

## A BALANCING ACT

Practice balancing on each foot. Have kids lift their foot off the floor at least five inches and hold for 30 seconds. Rest and repeat three times. Switch legs. Teach kids that they have to tighten their abs and focus on something straight ahead to be able to balance. As students advance, have them keep their arms parallel with their ears and bring palms together overhead.

## STRETCH IT OUT

Have students stand with both arms extended out in front. Slowly, alternate using arms to push open an imaginary door. Clasp hands together and extend arms out, bending the elbows slightly, stretch neck by lowering your head (as if trying to touch nose to chest).

## RAINSTORM

Have a rainstorm in your classroom. Have students follow your lead; begin by having students very lightly rubbing their hands together, then lightly snap, slap their thighs, slap their thighs and stamp their feet (the rainstorm is at its peak!). Then stop stomping their feet, just slap their thighs, return to lightly snapping, rubbing their hands and stop. Do each action for 20 seconds.

## CALM DOWN

Lead students in stretches to help loosen up tension. Have students hold for 15-20 seconds each: reach for the sky, touch toes, arm circles, neck circles, knee to chest, etc.

## CHAIR AEROBICS

Have students pull their chairs out from their desk. They should sit up straight, keeping their ankles together to do leg lifts by extending their legs to a 180-degree angle for 20 repetitions. Then have students stand behind the chair and while holding the back for balance, extend their right leg out to the side to a 45-degree angle for 20 repetitions. Then repeat with the left leg.

## PHOTO LETTER

Find an item in nature that looks like the first letter of your name. Take a photo and post to the chat in Teams.

## BEST BY

Find an item in the pantry that has the same best by month as your birth month. You have two mins to complete the task. Remember to keep the pantry tidy!

## WATER RACE

Fill a glass of water. Set a timer and see how fast you can drink it.

## PLANK

Hold a plank position for one minute.

## NEW TRICK

Keep trying to teach yourself how to; juggle, complete a new trick on a yo-yo; magic trick or pen flipping trick.

## HELP OUT

In each lesson break, take time to fold washing, unload the dishwasher or put a load of washing on the line.

## BIGGEST NUMBER FOR DATE

Take today's date, determine a mathematical equation that results in the highest number possible only using the numbers in the date. Make this number using only items that you can find in your yard or kitchen - take a photo and post to Teams chat.

## FURRY FRIEND

If you own a pet, throw the ball for your dog, play with your cat or teach your bird a new word. They will love the attention.

## LETTER BOX CHECK

Go to the letter box and check for mail, walk to and from the front door three times - get moving!

## QUICK CHALLENGE

Do 10 push-ups or 10 squats each lesson break. Alternate each day.

## TREASURE HUNT

While on a video chat choose one person to call out an adjective such as 'red' or 'plastic'. Participants have to go and find an object that meets the description. You can take turns calling out the adjective or give the calling turn to the person who brought the best/worst/funniest object. For an offline version send students a list and ask them to take a photo of each object and post it to Google classroom or Teams or email them back to you.

## PENCIL JUMP

Place a pencil on the floor and jump over it, forwards and backwards, 10 times. Then jump 10 more times side to side.

### BOOK BALANCE

Balance a book on your head. Try to stand up, walk to the front door, back to your desk and sit down without dropping the book.

### PRESSURE POINT MASSAGE

Stand up straight. Gently massage the pressure point between your thumb and pointer finger. Switch hands after 30 seconds.

### PAY A COMPLIMENT

Find someone that is at home, go and tell them what you appreciate about them. Pay them a compliment (yes even your sibling).

### DANCE

Dance to the first song that is on your Spotify / iTunes playlist.

### GARDEN

Pull out five weeds or trim a plant.

### DESK TIDY

Take five minutes to clean your desk, make your bed, open the curtains etc.

### FRUIT AND VEG

Cut some carrot sticks, cut up an apple, make some hummus. Have a healthy snack at MT and after school.

### CHALLENGE A SIBLING

Set physical challenges for your sibling or other family member. Play a few rounds of scissor, paper, rock; thumb wrestle; arm wrestle; who can do three chin ups the quickest - the loser makes the winner a drink or snack.

### COLOUR-IN

Find a complicated image to colour - take time each day to colour some of it - in a week you should have it completed.

### PUZZLE

Find a puzzle the whole family can enjoy (ask a neighbour or a friend), set it up and in-between lessons find a few more pieces.

### LEARN A CRAFT

Try to teach yourself a new craft - crocheting, knitting, hand embroidery, pastry making, dumpling folding, origami, napkin folding. Complete a little of this new skill in-between lessons.

### SOURCE

<https://www.heart.org>