



for Education Professionals
In-Class Physical Activity Breaks

These three- to five-minute physical activity ideas can be incorporated into any classroom. Here are some examples of how to get students moving. Feel free to get creative and come up with your own!

Boogie Days: Have students spread out across the room and play one school-appropriate song and let kids bust-a-move. Have them follow your moves and make sure movements are appropriate. Try doing some vintage moves like the Twist, mash potatoes or just jumping around.

No Stress Test: Make it a classroom tradition to have a 5-minute walking break before a test to help everyone unwind and relax.

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

Workout Videos: Although most workout videos can last from 20-40 minutes, they're often broken down into different moves that only last 2-4 minutes. If you have a TV in your classroom, work through a video over the course of a week doing one move at a time.

Future Trainer: Have a student lead a 3-5 minute physical activity break doing any activities or games of the class's choosing —be creative and have everyone in the class get involved.

