

ACTIVE MOVEMENT

- **Butterfly:**
Have students sit on their bottom with soles of feet together, hold on to their ankles with hands, and slowly ‘shake’ their knees.
- **Cabbage patch:**
Students put one foot in front and one in back. Have them transfer their weight from one foot to the other.
- **Raise-the-roof:**
Pump arms in the air to give a visual of raising the roof.
- **Swim:**
Use arms to pretend like they are swimming under water.



BEST RESOURCES

- **Playworks:** List of excellent active indoor games for the classroom.
<http://www.playworks.org/playbook/what-is-a-great-recess/playground-strategies/recess-rain-and-snow-and>
- **GoNoodle.com:** Videos that lead students in creative, age-appropriate fun activities they can do standing by their desks.
www.gonoodle.com
- **Active Indoor Recess Curricula:** Overabundance of active ideas for all ages including K-5 and 6-8th grades.
<http://www.valleyair.org/programs/ActiveIndoorRecess/intro.htm>



SAFETY TIPS:

1. Review indoor recess rules with students.
2. Place students in groups ahead of time.
3. Explain the rules of the game clearly.
4. Arrange the classroom to accommodate indoor, active games.
5. Set up stations with active games to promote safety and encourage choice during active indoor recess.

ACTIVE INDOOR RECESS

12 TEACHER-TESTED ACTIVITIES



“I was surprised that the activities in this guide are doable, do not create disruption, and get the kids moving!”

*- Lorraine Schroeder, 4th Grade Teacher,
16 years teaching experience*



The **Tweens Nutrition and Fitness Coalition** is a group of over 30 community members working together to create healthy food and physical activity environments for Lexington tweens, 9-13 year olds. The Coalition is dedicated to making healthy eating and physical activity popular and accessible to Lexington tweens in their homes, schools, and communities. Visit www.tweenslex.org



The **School Wellness Action Plan (SWAP)**, led by the Tweens Nutrition and Fitness Coalition, supports schools in putting their wellness plans into action. The policies include ending the use of food as reward, requiring daily recess for all elementary students, and including healthy food options at school celebrations. Visit <http://tweenslex.org/school-wellness/>

BEANBAG HELPER *High teacher involvement*

Supplies: Beanbags for every student

Formation: Standing and scattered

Space: Large space needed

- Each child gets a beanbag and puts it on their head.
- Goal: Keep the beanbag steady as students move around the area.
- Encourage students to balance beanbag while walking slowly, on tiptoe, with knees bent, or even backward.
- If beanbag falls, that student must freeze until another child picks up the dropped beanbag and places it back on the first person's head.
- If the helper's beanbag drops, the helper becomes frozen too, and someone else has to come to their aid!

TIP: Add music and move to music to make it more fun!

HUMAN KNOT *High teacher involvement*

Supplies: None

Formation: Standing in small groups

Space: Large space needed

- Arrange group members in a circle, standing shoulder to shoulder.
- Tell everyone to put their right hand up in the air, and then grab the hand of someone across from them.
- Everyone then puts their left hand up in the air and grabs the hand of a different person.
- Goal: Group members should untangle themselves to make a circle without breaking the chain of hands.
- If group members break the chain, they need to start over.

TIP: Have the teams do this muted, without talking, or give them a time limit to make it more challenging.



VOLLEY BALL

Moderate teacher involvement

Supplies: Balloon or foam ball or beach ball

Formation: Sitting in chairs facing one another

Space: Medium space needed

- Place students into two teams and set-up chairs facing another.
- Don't let the balloon or ball touch the ground.
- Don't let your bottom come off the chair.
- If the balloon touches the ground = 1 point for opposite team
- If a bottom comes off a chair = 1 point for opposite team

Play to 15 points. Highest score wins!

OVER, UNDER, THROUGH

Moderate teacher involvement

Supplies: Balloon, Foam Ball, or Beanbag

Formation: Sitting or standing in a line, shoulder to shoulder

Space: Medium space needed

- Give each team a balloon, foam ball, or beanbag.
- First person has beanbag and passes it over head to second, which passes it under legs, third over, next under, etc.

HAND HOCKEY

Moderate teacher involvement

Supplies: Small foam ball or beanbag

Formation: Sitting in groups of two

Space: Medium space needed

- Partners face each other in "up" position of a modified push-up.
- Students are 1-2 feet apart.
- Goal: Try to maintain "up" position and score goal by pushing a beanbag between the partner's hands.

SPORTS GALORE

Moderate teacher involvement

Supplies: None

Formation: Standing

Space: Medium space needed

- Teacher or student helper calls out the following sport skills to mimic for 30 seconds:
 - Shooting a jump shot; Batting a baseball; Serving a tennis ball; Downhill skiing; Spiking a volleyball; Fielding a ground ball and throwing it to first base; Swinging a golf club; Throwing a football; Shooting a hockey puck; Swimming underwater.

TIP: Integrate word problems to make it more challenging. For example, if Brianna hit 2 homeruns, how many bases would she have to touch?

Inclement weather can put a kink in the school day, holding staff and students captive indoors. Kids often spend time in sedentary activities that don't prepare them for an afternoon of learning. Schools across the state and country are finding that providing children the opportunity to "burn off" excess energy during active indoor recess is a great investment in their school's learning environment.

This guide includes **fun, simple, low-cost activities** that can be done in a classroom – with limited space and supervision.

WHY?

Physical Activity:

- Improves learning by increasing blood flow to the brain
- Decreases misbehavior
- Increases attentiveness
- Enhances memory
- Improves math and reading skills



"A modest investment in recess is shown to have a positive ripple effect throughout the school, improving the overall learning environment." – Recess Rules

WHERE?

- **Classrooms:** Activities can be done standing next to desks.
- **Hallways:** Two Northern Kentucky schools have posted signs around the hallways that chart a course so students can walk a mile.
- **Gym or part of the gym:** Set a rotation schedule so classes can cycle through for recess. Divide the gym in half with cones so multiple groups can play at one time.
- **Auditorium:** Use aisles, and space at front or back of the room. Games played in a line are great for this kind of space. Set up stations, if possible.
- **Part of the cafeteria:** Jump ropes work well!

GONOODLE.COM

Low teacher involvement

Supplies: Computer, Screen

Formation: Standing by their desks, aisles, or scattered

Space: Small space needed

- Let GoNoodle.com lead students in creative, age-appropriate fun activities they can do standing by their desks.

HIT THE DECK

Low teacher involvement

Supplies: Deck of regular cards

Formation: Sitting or standing, can be in small groups

Space: Small space needed

- A student leader, teacher, or aide will select a card.
- Students do corresponding activity for 20 seconds:
 - Heart – Crunches or Touch Elbow to the Knee
 - Diamond – Butterfly (see p.8) or March in Place
 - Club – Modified Push-up or Cabbage Patch (see p.8)
 - Spade – Swim with Arms or Jumping Jacks

TIP: Rotate student leaders. Use 3 or 4 cards of each suite to save time and write activities on the board for each suite.

BALLOON TOSS

Low teacher involvement

Supplies: Balloon or Foam Ball

Formation: Sitting in circles, small teams

Space: Moderate space needed

- Give each team a balloon or foam ball.
- Tell them to keep the ball in the air as long as they can.
- They can only tap or bat the balloon, no catching or throwing.
- If balloon touches the ground = 1 point

Lowest score wins!

TIP: Place a small marble through the neck of each balloon before you inflate and tie them. The marbles will cause the balloons to move in unexpected directions.



SILENT CHARADES

Low teacher involvement

Supplies: Charade cards, Timer, Scorecard

Formation: Sitting or standing in small groups

Space: Small space needed

- Students are in groups. Two teams play against each other.
- Divide an equal amount of charades cards between them.
- Teams must take turns guessing their actor's act. No actor may act more than once until all team members had a chance.
- Actor has 3 minutes to act out the phrase to his own team. Gestures are allowed. No words or lip movements.
- If the team guesses correctly, they get 1 point.

Highest score wins!

TIP: Visit <http://www.fun-stuff-to-do.com/kids-charades.html> and print your own Action Charades Cards for free!

ACTIVE MUSIC OR DVD

Low teacher involvement

Supplies: Exercise CD OR DVD, Player, Screen

Formation: Standing

Space: Small to medium space needed

- Let an exercise CD such as *Freeze Dance* or *Animal Action* or a DVD such as *Denise Austin's Fit Kids*, the *I Can Do Yoga* series, or *Fun Classroom Fitness Routine* lead the students in activities!

FITNESS FLASH CARDS

Moderate teacher involvement

Supplies: 4 X 6 index cards, Clip art images

Formation: Sitting or standing in groups

Space: Small space needed

- Glue clip art pictures on 4 X 6 index cards to be flashed to a group.
- Include sitting or standing activities such as sit-ups, push-ups, butterfly, swim, raise-the-roof, running or jumping in place, cabbage patch, or squats.

TIP: Switch off having students flash the cards to the group.