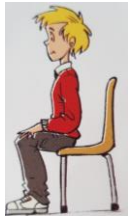


A Physical Activity Break for Children- Irish Heart Foundation









Hello Parents/Guardians,
 Sending you the 'Bizzy-Break' fun exercise programme to try out with your children. I have already delivered this programme to the children in St. Paul's, so most will be familiar with the movements.

BB consists of a series of activities which move all parts of the child's body. It will take approximately 10 minutes to do 1 section. The exercises can be done both inside and outside, with a minimum of space and disruption. The programme is best done in totality, but each section can be performed separately depending on your child's ability. You can of course pick certain bits from the exercises. You can also add some music to it at home if you want to. Encourage your child to breath throughout. They/you can hum to the music. Do not let the child hold their breath. Take it slowly and don't overdo the movements and do them at your child's own pace.

Sit-up chair check: Sit away from the back of the chair, shifting bums to the front of the seat. Move feet forward and sitting straight and tall as best your child can.



Looseners: helps mobilise the children's joints

THE MOVEMENTS		
JOINTS	MOVEMENT	ACTION & TEACHING TIPS
Fingers	Piano Play	Twiddle all the fingers - don't forget the thumb. 
Wrists	Alphabet Trace	Use the index finger to draw the letter O repeatedly to circle the wrists. 
Elbows	Weight Lifts	Raise an imaginary barbell from thighs to shoulders. Do not lock out (snap) the elbow. 
Shoulders	Shoulder Circles	Let arms hang loose. Rotate shoulders forward - then backward. 
Back	High Reach	Start with both hands together at chest, reach high while leaning left, back to start, then high reach and lean right, etc. 
Hips	Slo-Mo March	Raise each knee upwards as if marching in slow motion. Encourage children not to lean backwards in an effort to get knees higher. Sit straight and tall. 
Knees	Heel Touch	Reach forward with right heel and touch on ground, return to start and repeat with left heel, etc. Do not lock out (snap) the knee - leave the heel on the floor. 
Ankles	Press & Pull	Place both heels forward. Pull toes upwards to point at face - then point toes forward. 

Pull the feet back again, lean forward and push up to standing position.

Huffers: Help raise the children's heart and breathing rates as well as temperature

THE MOVEMENTS		
MOVEMENT	ACTION & TEACHING TIPS	
On the Spot Walk	Just start stepping - nice and easy. Use this action as transition between each movement or as a rest activity if children show signs of over-exertion.	
Hup March	Raise the knees higher - get the arms going as well. Encourage children to land on toes - not on heels.	
Punch Bag	Punch at an imaginary punchbag without locking out the elbow. Try some foot shuffling, if space allows.	
Side Step	Step to the left with left foot, bring right foot alongside. Step to the right with right foot, bring left foot alongside. Swing the arms in time with the foot movements.	
Bouncaroo	Bounce with both feet - landing lightly on the toes, not heels. Use complementary arm movements as well.	
Breast Stroke	Start with arms at chest level - copy the breast stroke swimming action. Bend and straighten the knees in time.	
Split Bounce	Bounce to split position - left foot forward, right foot back. Then bounce to change. Split the arms at the same time.	
Sky Punch	Starting with both hands at shoulder level, punch both arms upwards. Do not lock out the elbows. Bend and straighten the knees in time.	
On the Spot Walk	Finish this section with easy stepping - gently shaking the arms, shoulders, etc.	

Gradually slow the pace and return to seated position.

Stretchers: to stretch the main muscle groups

THE MOVEMENTS		
MUSCLE AREA	MOVEMENT	ACTION & TEACHING TIPS
Fingers	Finger Fan	Stretch and spread the fingers and thumb.
Forearm	Wrist Wrencher	Holding arms forward palms facing down <ol style="list-style-type: none"> Slowly bend hands so that fingers are pointing down. Slowly raise hands so that fingers are pointing up.
Chest / Shoulders	Wing Wings	Start with hands on shoulders, open arms so that elbows look like wings: <ol style="list-style-type: none"> Open wings out and back. Close wings trying to touch elbows together.
Lower Back / Bum	Bum Stretcher	Raise right knee and wrap arms around it. Pull knee toward chest. Repeat to the left.
Lower Leg (Rear)	Calf Stretcher	Move both heels forward until legs are almost straight. Slide heels forward and pull toes backward to point at face.
Shins	Shin Stretcher	Start as in Calf Stretcher with both heels firmly on the floor - legs almost straight. Push toes forward - feel the stretch along the front of the shins.
Back / Trunk	Side Bender	With arms by side, lean to right. Let head fall to shoulder also. Repeat to the left.
Back / Side	Trunk Twister	With elbows raised and hands at chest level, slowly twist to right and look over shoulder. Repeat to the left.
Trunk	Reacher Upper	With fingers clasped, raise both arms above the head and stretch toward the ceiling.

Relax, pull chair up to desk, sit back into chair ready for class.

I hope you find this helpful.

Pauline - Play Therapist