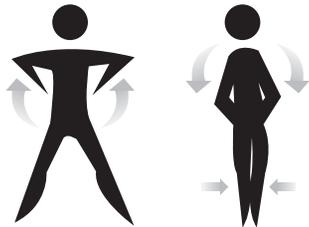


Sample Movement Activities



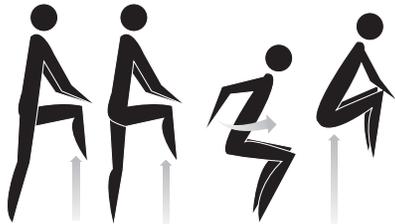
APPENDIX A SAMPLE MOVEMENT ACTIVITIES

1. CHICKEN JACKS



A Chicken Jack is a modified Jumping Jack that takes up less space. Start by standing with feet together. Bring your hands to your arm pits to make “chicken wings.” Jump up and move your legs apart, then jump and bring your legs together. As your legs move apart, your elbows move up and away from your body. As your legs move together, your elbows move close to your sides. Repeat with elbows and legs moving apart, then together. For lower intensity, instead of jumping, extend one leg to the side, touch your foot on the floor and repeat with the other leg instead of jumping. Chicken Jacks can also be done while seated in a chair.

2. TUCK JUMPS



DOUBLE LEG (High Intensity)

Start by standing with knees bent. As you jump straight up, lift both knees and bring them in toward your chest while trying to grab or touch them, then land and return to the starting position.

SINGLE LEG (Low Intensity)

Balance on your right leg and hold your left knee in toward your chest. Let go of your left leg and quickly catch your right knee with both hands as your left leg lands on the ground. Repeat, catching alternate knees in mid-air. For even lower intensity, do a Single Tuck Jump but omit the jump by standing on both legs before and after pulling your knee in toward your chest.

3. WALL SIT AND PRESS



Start with feet shoulder-width apart and knees bent at 90° angles and arms bent at your sides. Your knees should be directly above your ankles. Pretend you are sitting on a chair. While in “chair” position, press both arms straight above your head (both arms are straight above head) then return arms to a bent position by your sides. Repeat press and bending of your arms while holding the “chair” position. To help strengthen the leg muscles, try to hold the “chair” position for the designated time or as long as possible (without pain). If there is space available, do the Wall Sit against a wall. For higher intensity make a “3-Legged Chair” by lifting one foot off the floor, balancing your weight on the other leg. Hold and then switch sides.

4. LOW ROW

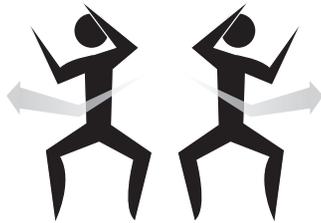


Stand with feet shoulder-width apart and knees bent. Extend your arms out in front of your body and pretend to hold a pair of oars. Pull your hands in toward your waist as you extend your legs and jump up. Land in the start position. Repeat the Low Row. For lower intensity, do the Low Row as above, but omit the jump.



APPENDIX A SAMPLE MOVEMENT ACTIVITIES

5. AB-ROPE TWISTERS



Stand with feet shoulder-width apart and knees bent. Lean back slightly. With your right hand, reach up to the left side of your body (twist your upper body to the left) reaching for an imaginary rope then pulling downward toward your right hip. Repeat with your left hand reaching up to the right (twist upper body to the right) then pull down to your left hip. Continue "climbing" and "pulling" on the rope, rotating your abdomen each time you switch hands to pull on the rope. This exercise helps strengthen the upper back and abdominal muscles. If space is limited, sit on the floor with legs bent, feet on the floor in front of you. Lean back slightly so you can feel your abdominals tighten and begin to "climb an imaginary rope" that is overhead.

6. MOUNTAIN CLIMBERS



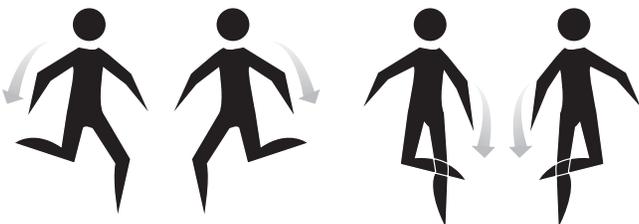
Pretend you are climbing a mountain while standing in one spot. Step up with your left foot as you reach up with your right arm; then step up with your right foot as you reach up with your left arm. Repeat this "climbing" action. For higher intensity, add a hop as you step up and reach. In larger spaces, start in push-up position on the floor, then bring alternate knees up to the chest. One leg is extended while the other leg is in towards the chest.

7. HEAD-2-TOE



Using both hands, touch your head, shoulders, knees and toes in sequence; then jump up once and raise your hands high above your head. This series makes up one repetition. Repeat. For higher intensity, each time you complete a series, add one more jump each time you complete a series (i.e., the second time, touch head, shoulders, knees, toes and do two jumps; the third time do three jumps).

8. IN-OUT HEEL TOUCH



Stand, lift one knee at a time and touch the inside and then outside of your heel with your hand in a sequence: "Out-Out-In-In" Lift your right knee and touch the outside of your foot (i.e., right side of your heel) with your right hand. Lift your left knee and touch the outside of your foot (i.e., left side of your heel) with your left hand. Next, touch the inside of your right foot with your left hand, and then touch the inside of your left foot with your right hand. Repeat the sequence.

CHALLENGE "In-Out-Out-In"

As above but touch the inside of your left heel with your right hand, then the outside of the left heel with your left hand. Touch the inside of your right heel with your right hand, then the outside of the right heel with your right hand.



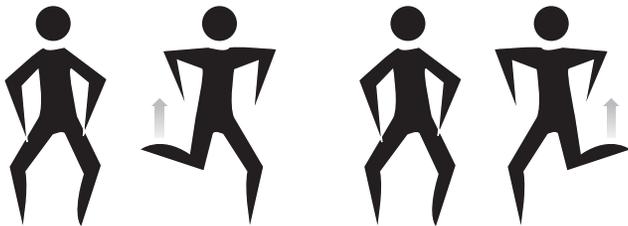
APPENDIX A SAMPLE MOVEMENT ACTIVITIES

9. BOXER JOG



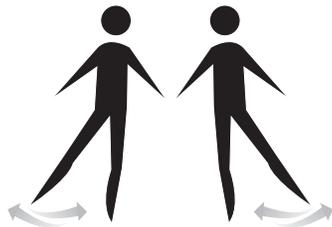
Extend your arms, with your palms down, in front at waist level. Do alternate knee lifts, hitting (or touching) palms to knees. One repetition consists of a left knee lift and touch and a right knee lift and touch. To vary the intensity, increase or decrease the speed.

10. GLUTEAL KICKS



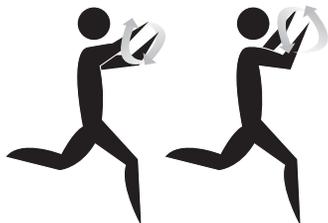
Stand with feet shoulder-width apart and knees slightly bent. Straighten your right leg as you bend your left knee and bring your left heel back toward your buttocks. Alternate left and right, heel to buttocks kicks. For higher intensity, hop side to side, alternating left and right buttocks kicks. For variation, add arm movements such as "biceps curls" (i.e., bend elbows and bring hands toward shoulders).

11. SWINGING LEG LIFTS



Stand, then hop on your right foot as you swing your left leg to the side. As the left leg comes back to the centre, hop on your left foot and swing your right leg out to the side. For lower intensity, instead of jumping, swing one leg to the side instead of jumping, and then stand on both feet before swinging the other leg to the side.

12. JOGGING SKY ROLLS



Roll your fists above your head, like you are striking a mini punching bag, while jogging on the spot. To vary the intensity, increase or decrease the speed (e.g., march or run on the spot).





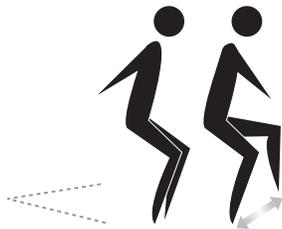
APPENDIX A SAMPLE MOVEMENT ACTIVITIES

13. RAISE THE ROOF



Stand with legs shoulder-width apart, arms overhead with palms facing up and jump. Each time you jump, pump your arms up and down, using your palms to "raise the roof."

14. V-HOPS



Stand with your feet together. Jump forward and land with your feet shoulder width apart. Then jump backward moving your feet back together. Repeat jumping "forward, feet apart" and "backward, feet together," creating a "V" jumping pattern. Key Phrase: "Forward-apart; Backward-together."

For lower intensity start with your feet together. With your right foot step forward at a 45° angle to right, repeat with left foot (i.e., 45° to the left), so feet are shoulder width apart. Move back into "start" position by stepping backward with the right foot followed by the left foot, so feet are together. As a variation, jump on the spot after moving your feet "forward apart" then jump on the spot again after moving your feet "backward together."

15. PLUS SIGN HOPS



Stand with feet together at the "centre." Hop to a straddle so feet are shoulder width apart. Hop back to the centre with feet together. Then right scissor hop (i.e., right foot is forward and left foot is back). Return feet back together at the centre. Repeat the sequence but using a left scissor hop instead of the right. Alternate right and left scissor hops with each new sequence.

Key Phrase: "Centre-Straddle-Centre-Right Scissor."
Repeat: "Centre-Straddle-Centre-Left Scissor."

16. BELL HOPS



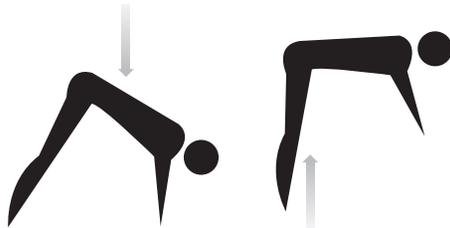
Stand with your feet together and knees slightly bent. Do a two-foot jump forward while simultaneously swinging your arms forward. Then do a two-foot jump backward, simultaneously swinging your arms backward. Swinging the arms forward and backward as you jump helps to propel the body forward and backward.

For higher intensity, Bell Hop with one foot. For variation, place a skipping rope on the floor or find a line to jump forward and backward over. You can also add a double jump forward then a double jump backward.



APPENDIX A SAMPLE MOVEMENT ACTIVITIES

17. LEAP FROG ON-THE-SPOT



Bend forward at the hips with knees slightly bent, touching hands to the ground or to the toes. Push off the ground with your hands and simultaneously jump upward on the spot (maintaining the bend at hips). Repeat. For larger spaces (e.g., gymnasium), find a partner. One partner kneels, while the next person in line leap frogs over him or her.

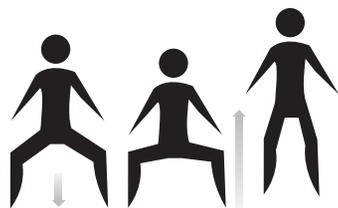
For lower intensity, place feet slightly apart with knees bent and hands placed on the thighs. Two-foot leap upward by straightening knees and pushing off the thighs. Land on the same spot. Place your hands back on thighs ready to leap again on the spot.

18. FLURRY



Run as fast as you can on the spot, taking tiny, quick steps. At the same time, alternate speed punches (i.e., left then right), out in front of your body, as quickly as you can. For lower intensity, jog on the spot and roll your fists in circles around one another at forehead height. Roll your fists at the same speed as your feet are moving. Your arms may tire more quickly than your legs. If this happens, drop the height of your fists to chest level or stop rolling all together and just jog or march on the spot.

19. SQUAT HOPS



Begin standing with your feet shoulder-width apart. Bend at your knees as if you are sitting on a chair (i.e., a squat). Explode (i.e., jump) upward from the squat position, on the spot, and land with a slight bend in your knees for cushioning. Return to a standing position. You should try to sit back on your heels as you squat and then drive your body upward through your heels as you jump. Have your hands out in front of your body to maintain balance. Your knees should be in line with your ankles and not go over your toes.

Key Phrase: "Stand, squat, jump."

For lower intensity perform same movement as above but straighten to a stand instead of jumping upward. "Stand, squat, stand."

20. JUMP & TWIST



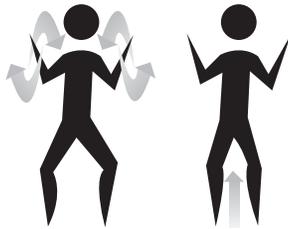
In large spaces: bring your arms up to shoulder height (parallel to the floor). Swing them across your body opposite the twisting motion of the lower body. Jump and turn (quarter turn to half turn) in the air. Then repeat to the other side. The lower body jumps one way while the upper body twists the opposite way. For smaller spaces: instead of twisting with your arms fully extended, bend at the elbow so your body takes up less space.





APPENDIX A SAMPLE MOVEMENT ACTIVITIES

21. JUMPING ROPE



While standing, bend both arms out at 90° angles to your sides and pretend to hold a skipping rope. While rotating both wrists and forearms, two-foot jump on the spot. As a variation, skip "double time" by turning the "rope" (your wrists and forearms) twice with each hop.

Other variations can include one-foot hopping, high knees or jumping then crossing either arms or feet.

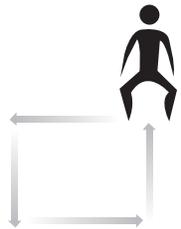
22. ROCKING HORSE



Select the left or right knee as your lead leg. If you select your right knee as your lead, hop twice on your left foot and drive your right knee forward and upward. Make sure the knee is bent at close to a 90° angle. Next, hop twice on the right foot and immediately swing the left knee backward, with the knee again bent at close to a 90° angle. Repeat the hopping sequence is repeated with the right knee rocking upward and forward, then the left knee rocking downward and back. Switch your lead leg to the left and repeat the sequence.

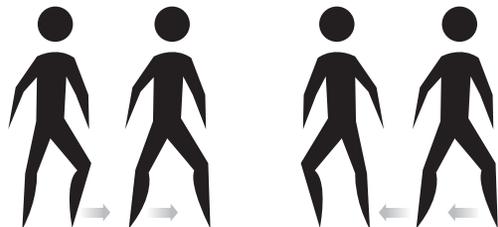
Key Phrase: "Right knee up/forward, left knee down/back." Hop twice at "right knee up," hop twice at "left knee back."

23. BOX HOP



Start by standing with your feet side by side before two-foot jumping in the shape of a box. Start at the top right corner of the "box" and hop sideways to the front left corner. Then jump backward to the left back corner and then sideways to the right back corner. Finally, complete the Box Hop sequence by hopping forward back to the top right corner. As a variation, hop on one foot to each corner of the box.

24. STEP TOUCH



Start with your feet together. Step to the left with your left foot (i.e., straddle left), then bring your right foot beside the left, touching down with your toe. Next, step right with your right foot (i.e., straddle right) and bring the left foot beside the right (i.e., touch). Repeat the "step-touch" sequence.

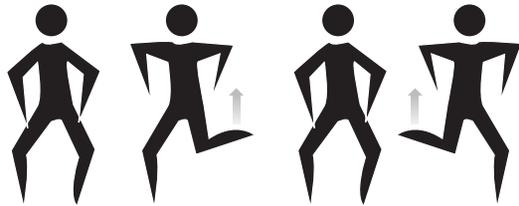
Key Phrase: "Straddle left, touch; Straddle right, touch."

For higher intensity, add arms to make the movement more intense. For example, swing both arms out to the side as you step out, and arms come in as a foot moves in to "touch."



APPENDIX A SAMPLE MOVEMENT ACTIVITIES

25. PULL WEEDS



Start with your legs shoulder-width apart and knees bent. Lean forward slightly at your hips and extend your arms straight down in front of your thighs. Next, pull both fists upward toward your chest, bending at your elbows. Pull upward at the same time, balance on one foot, with the balancing leg now straight, while the other heel kicks backward toward your glutes (i.e., "gluteal" kicks). Repeat pulling your fists low to high while simultaneously alternating left and right "gluteal" kicks.

26. FLUTTER KICKS



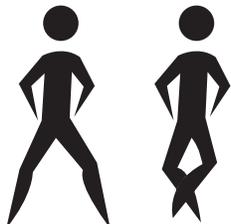
For small spaces, alternate left and right leg kicks in front of your body. Knees are slightly bent as you kick low and quick. Bend elbows at 90° angles and pump slightly up and down as you alternate left and right kicks. For larger spaces, lie on the ground and place your hands under your buttocks. Raise your leg slightly off the ground and alternate the lifting and lowering of your legs. Keep your knees slightly bent and elevate to just below a 45 degree angle. Increase the bend in your knees if the lying flutter kick is too challenging. This variation of the exercise helps to strengthen the abdominal muscles.

27. CROSS-COUNTRY SKIER



Jump into the air, moving the left foot forward and the right foot backward, landing with both knees slightly bent. As your feet alternate forward and backward while jumping, your arms also alternate forward and backward, in time with your moving feet. For example, when the right foot is forward and the left leg is back, the left arm is extended out in front at shoulder level while the right arm is extended behind you.

28. X-JUMPS



Place your hands on your hips and feet shoulder width apart (straddle position). Jump and cross your feet, landing with your right foot over your left foot. Next, jump back into straddle position. Then jump and cross your feet, landing with your left foot over your right foot. Then jump back to straddle position. The full sequence = one X jump.

Key Phrase: "Straddle, cross, straddle, cross."

For higher intensity, add arms to increase intensity and complexity of the movement. Arms mimic the same action as the legs.



APPENDIX A SAMPLE MOVEMENT ACTIVITIES

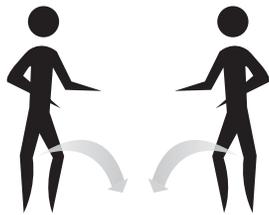


29. JUMP TO SKY-TOUCH TOES



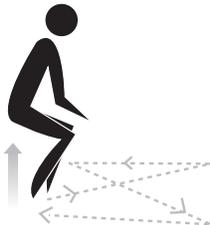
Make a two-foot jump upward, lifting arms straight above your head as you jump. As you land, lower arms, bend knees and touch your toes. Repeat, jumping to the sky then touching your toes. For a modification touch your knees or shoulders then jump to the sky. For higher intensity, each time you jump to the sky, add one more jump before touching your toes (i.e., the second time do two jumps to the sky before touching toes; the third time do three jumps to the sky).

30. SKIER JUMPS



Two-foot jump to the left and then to the right as if jumping over a line. Keep arms bent at your sides and swinging comfortably forward and backward as you jump. Make your jumps quick. When preparing to jump right, bend your knees. As you begin to jump, keep your arms steady and your upper body still like a mogul skier. Land with knees bent, quickly jump back to the left and repeat. Jumps are controlled, with all emphasis on legs, and should be performed at a moderate pace. As a variation, pretend to hold onto ski poles.

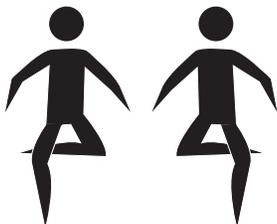
31. 4 POINT STAR



Start with your feet together and stand on the upper right corner of the four-point star. Next, jump to your left (upper left corner). Then jump backward on a diagonal to the lower right corner of the four-point star. Jump to your left (lower left corner) and finally jump forward on a diagonal to your original starting corner at the upper right. This completes the "hour glass" four-point star. Knees should be slightly bent on take off and landing.

Key Phrase: "Upper right, upper left, diagonal bottom right, bottom left, diagonal upper right (i.e., back to the start)."

32. SPEED SKATER



Start standing on your left leg with knee slightly bent and right leg tucked behind your left on an angle, like a flamingo. Hop to the right, landing on your right leg with knee slightly bent, the left leg following and tucked behind the right on an angle, like a flamingo again. Repeat lateral one foot "Skater Hops" to the left then to the right. These lateral movements are working your quadriceps muscles and should be performed at a moderate pace.

Key Phrase: "Hop and land right, left tuck; Hop and land left, right tuck."

For higher intensity, pump your arms at 90° angles as if you were going for a jog. For example, when the right foot is planted, the left arm swings forward and the right arm swings back.





APPENDIX A SAMPLE MOVEMENT ACTIVITIES

33. SQUAT AND KICK



Stand with feet shoulder width apart then bend your knees and squat at a 90° angle as if you are sitting on a chair. Next, drive your body upward, through your heels, and move from a squat to a standing position. As you stand, raise your left knee and kick outward with your left foot. Repeat the squat then kick with your right leg. Alternate left and right squat kicks. To ensure safety, your knees should be in line with your ankles and not go over your toes. Be aware of your personal space when kicking forward.

Key Phrase: "Squat, kick right; Squat, kick left."

34. HIGH JUMPER



This is a one-foot jump straight into the air. Plant your right foot on the ground with both arms down at your side. Drive your left knee up into the air and at the same time drive your left arm into the air and jump as high as possible. Take a second to prepare for the next jump. Then drive the right leg up and the right arm jumping as high as possible. To ensure safety, try to "High Jump" on the spot as momentum may carry you slightly forward.

Key Phrase: "Plant, drive knee and arm."

35. COFFEE GRINDER



For small spaces, Coffee Grinder: Feet are together. Arms are tight to your chest with your fists facing up and arms parallel to the line of your body. Two foot jump and twist a quarter turn to the left then two foot jump and twist a quarter turn to the right. Your whole body is jumping and twisting left and right a quarter turn.

Key Phrase: "Twist-jump left, twist-jump right."

For large spaces, do a Three-Point Coffee Grinder: Stand with your left (or right) palm on the ground and balance on the outside of your left and right feet. Your palm is the axis point as your feet walk in a circle around your balancing hand

36. R-P-S (ROCK-PAPER-SCISSORS)



The following are descriptions of the three movements for R-P-S:

Rock: Crouch low into a ball, touching hands to knees.

Paper: Stand straight, with your feet together and hands at your sides.

Scissors: Legs straddle shoulder-width apart and arms move away from your sides.

Add a jump into each movement. For example, two-foot jump into the "Rock" position, then jump to "Paper" and to "Scissors." Key Phrase: "Jump – Rock, Jump – Paper, Jump – Scissors."

Repeat R-P-S sequence. As a variation, find a partner and play active R-P-S. Partners start by facing one another. Both partners jump twice then, on the third jump, show rock, paper, or scissors. Play a best of three rounds, then find a new partner.

Key Phrase: "Jump, jump, show."



APPENDIX A SAMPLE MOVEMENT ACTIVITIES

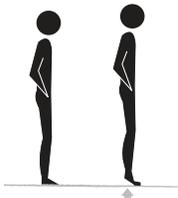
37. BOB & WEAVE



Feet are shoulder width apart with knees bent in squat position. Your arms are away from your body and elbows are bent with your fists facing up at chest level (like you are blocking an incoming punch). From the squat position, straighten your legs and lean to the right. Move back into squat position then straighten your legs and lean to the left. Repeat bob and weave (i.e., squat, then move left then right).

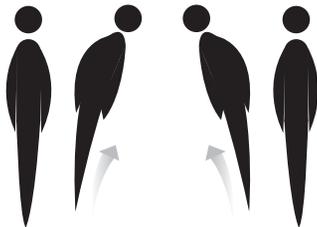
Key Phrase: "Bob then weave left; Bob then weave right." To ensure safety, your knees should be in line with your ankles and not go over your toes. For higher intensity, when weaving left or right, add a hop into the air and then move back into a squat upon landing.

38. CALF RAISES



Stand with legs shoulder width apart. Rise up onto toes, hold for two seconds, then lower your heels so they are flat on the floor. Repeat. A variation of this move is the Single Foot Toe Hop. Hop on one foot, keeping your heel off the ground. Hops should be quick and your knee should be slightly bent when landing.

39. POGO JUMPS



Keep your feet together and arms held tight at your sides. Begin to bounce double time off the fronts of your toes. Your heels should not touch the ground as you are bouncing rapidly and knees should be slightly bent at all times. There are no deep knee bends during this activity. As a variation that works your abdominal muscles, lean your shoulder to the left and then quickly lean your shoulder to the right with each jump.

Key Phrase: "Pogo lean left, Pogo lean right."

40. SWIMMER



For small spaces, jog on the spot while performing a swimming stroke with arms and upper body (e.g., front stroke, back stroke or breast stroke). As a variation, increase or decrease your speed to vary the intensity (e.g., jog or run on the spot). For large spaces, lie flat on your stomach with your arms and legs extended on the floor. Lift your left arm and right leg off the ground, hold for 1 – 2 seconds, then relax. Lift your right arm and left leg the ground, hold for 1 – 2 seconds, then relax. Repeat opposite arm to leg lift, hold, and then relax.

Key Phrase: "Opposite lift, hold, relax."

For higher intensity, lift and lower opposite arm to leg in double time.





APPENDIX A SAMPLE MOVEMENT ACTIVITIES

41. HALF TURNS



Start with your feet slightly apart and knees bent in ready position. Swing your arms behind you then propel them forward and up as you jump and twist your body to do a half turn (180°). You should be facing the opposite wall. Repeat. The twist originates from the arms. Check that students are not performing this at high speeds to ensure safety. Repetitions should be completed at a steady pace. 360-degree turns are not recommended in small spaces.

42. CROSS CRAWL



This activity is difficult to coordinate and should be performed at a walking pace to start. For low intensity, do cross lateral walking in place: Lift the left knee and touch it with the right elbow and then lift the right knee and touch it with the left elbow. Left to right then right to left = one repetition. Repeat. For a simplified variation, perform action with elbow and knee meeting together on the same side. For higher intensity, add a hop when touching elbow to knee.

43. HEEL DIGS



For low intensity, stand on your left foot, take a step forward and dig your right heel into the floor. Then bring the right foot back and stand on it, step forward and dig your left heel into the floor. Alternate right and left foot digs. For higher intensity, add a hop and/or arms while heel digging or perform heel digs in double time.

44. JUMPING JACK AND JILL (WITH WINGS)



For small spaces, start with your feet together and arms folded in half (i.e., with hands in armpits; folded arms take up less space) to create "chicken wings." Perform one Chicken Jack, where legs and arms move together simultaneously out to the side, with legs in a straddle jump. Next, perform a Jumping Jill, where Legs and arms move together simultaneously. The left arm and leg move forward while the right arm and leg move backward (i.e., scissor jump). Wings and legs move back to their start position with feet together and "wings" at your sides. Repeat the sequence, alternating left and right foot forward on the scissor jumps.

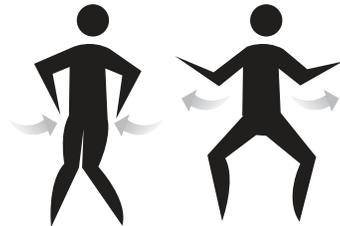
Key Phrase: "Jack: straddle-together; Jill: scissor-together." After each straddle and scissor, remember to move your feet back together and arms in at your sides. For larger spaces, extend arms fully, performing a Jumping Jack instead of a Chicken Jack and follow the above activity description.





APPENDIX A SAMPLE MOVEMENT ACTIVITIES

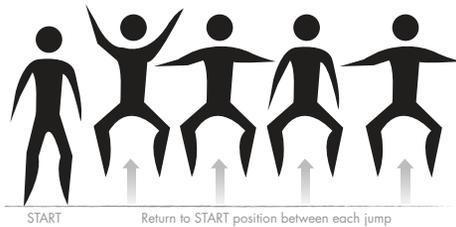
45. WOUNDED DUCK



Stand with your knees, toes and fists facing in toward the middle line of your body. Jump into the air and rotate your knees, toes, and fists outward (all at once) Repeat this in and out movement.

Key Phrase: "Fists in, knees in, toes in; fists out, knees out, toes out."

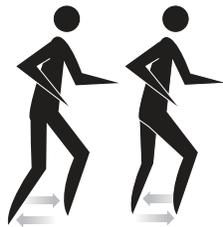
46. LOLLIPOP HOP



Start with your feet together and jump/bounce up and down on the spot while performing the following sequence with your arms. While jumping/bouncing, punch both arms once straight up above your head. Next, punch once out to the sides or straight out in front of your chest if in a small space. Then punch once down at the sides of your body, once out to the sides, and finally back to the start, punching arms upward.

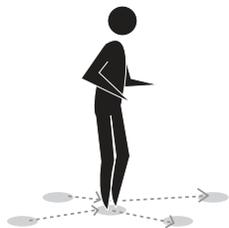
Key Phrase: "Punch up, out, down, up." Repeat punching sequence while jumping on the spot.

47. SCISSORS



Start with feet together and knees slightly bent. Jump and land with knees slightly bent so that your left foot is forward and your right foot is back. Jump again and land with right foot forward and left foot back. Repeat scissor jumps on the spot. Arms are bent and rock slightly back and forth as legs scissor forward and backward. Arms can swing forward and back with the same or the opposite leg. As a variation, between each scissor jump return to starting position between each scissor jump, with feet shoulder-width apart..

48. FIVE DOT HOP



Pretend you are hopping on top of the face of a die on the side with the number five. Start at the middle dot with your feet together. Jump forward, legs splitting shoulder-width apart as if touching the two top dots on the die. Jump back to the middle dot, feet together. Then jump backward, legs splitting shoulder-width apart as if landing on the bottom two dots of the die. Finally, jump back to the middle with your feet together.

Key Phrase: "Middle-together, up-apart, middle-together, down-apart, middle together." Repeat the sequence counting one repetition each time your feet come together in the middle.



APPENDIX A SAMPLE MOVEMENT ACTIVITIES

49. PUNCH UP – DOWN AND HOP



Using two fists, punch up toward the ceiling once with the left and once with the right. Then punch down toward the ground twice, once with the left and once with the right. Repeat this punching sequence while jumping on the spot. One repetition is completed once you punch up twice then down twice while jumping.

Key Phrase: "Up, up, down, down."

As a variation, punch every second hop.

50. FREE CHOICE

Select any activity and perform the designated number of repetitions.

