

Movement breaks

<p>Balls Use different sized balls. Throw and catch a ball with a partner. Throw them in the air and catch them. Roll them to a partner..</p>  <p>http://www.cosmickids.com</p>	<p>Yoga Choose a clip from cosmic kids</p>  <p>http://www.cosmickids.com</p>	<p>Games Play "Simon Says" and have children imitate your movements or respond to verbal directions e.g. jump up and down, spin around, hop on one leg.</p> 	<p>Dance Choose a clip from gonoodle or youtube.</p>  <p>https://www.gonoodle.com/</p>
<p>Obstacle course Create an obstacle course e.g. crawl under a chair, through a tunnel, climb over cushions, roll on the floor.</p> 	<p>Animal walks Complete some animal walks Frog hops, bear walk, crab walk, kangaroo jump, flamingo walk.</p> 	<p>Trampoline Spend some time on the trampoline.</p> 	<p>Fundamental movement skills Practise some movement skills including hop, leap, skip and dodge</p>  <p>https://www.youtube.com/playlist?list=PLrOa7LNP0maWa6EPInkvHlk3VsBqhuMZq</p>
<p>Smiling minds Choose a mindfulness activity to do on smiling minds.</p>  <p>https://www.smilingmind.com.au/</p>	<p>Balance activities Practise balancing on one foot. Place an object such as a cushion on your head and practise walking.</p> 	<p>Play a game Go outside and play a game.</p> 	<p>Skipping Use a skipping rope to do some activity. Have an adult hold the rope while you jump over it.</p> 