

# Oak Hill Elementary at Home

## Physical Education Brain Breaks & Challenges


### Purpose:

To encourage students and families to become more physically active and take steps toward a healthier lifestyle.



Scan this QR code to connect with Oak Hill Physical Education & Microsoft Teams.

### Pick a Daily Challenge

<b>1 Mindful Minute</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	<b>2 Timed Jack</b> Do five jumping jacks in every room in your house. Time yourself and challenge someone to beat your time.	<b>3 Up Your Vocab</b> Review 3 vocabulary words you learned this week. Now perform 3 push-ups, shouting out a word each time. Repeat 3 more times.	<b>4 Musical Frog</b> Played like musical chairs but instead, hop around like frogs onto pillows (which are lily pads).	<b>5 Juggle</b> Practice juggling using plastic grocery bags. "Toss...Toss... Catch...Catch..."	<b>6 Cobra Stretch</b> Lie face down and push your chest off the floor for 20 seconds. Do this 10 times.	<b>7 Strong Arms</b> Build upper body strength by doing push-ups using every floor (or wall) in the house.
<b>8 Downward Dog</b> Hold pose for 20 seconds, rest, and repeat three times. 	<b>9 Rock, Paper, Scissors</b> Play "Rock, Paper, Scissors" with a partner. The loser of each round does 5 jumping jacks.	<b>10 Crazy 8's</b> 8 Jumping Jacks 8 Sit-Ups 8 Push-Ups 8 Lunges (Repeat 3 times)	<b>11 Buckets!!!</b> Have a basketball shooting contest using wadded paper or a sock. Use an empty trash can or laundry basket. First to 10 points wins.	<b>12 Jog &amp; Talk</b> Find a partner. Jog in place together for 5 minutes, talking to each other about the day or anything you'd like.	<b>13 Ninja</b> Using household items, create an obstacle course and see how fast you can go through it. Time yourself and challenge someone.	<b>14 Flamingo</b> Balance on one foot. Bend down and pick up 5 coins off the floor without losing your balance. Switch feet.
<b>15 Hydrate</b> Drink at least 8 glasses of water today.	<b>16 The Floor Is Lava</b> Lay out items on the floor that you don't mind stepping on. Pretend your floor is lava, if someone steps on it, they get 'burnt' and have 5 jumping jacks.	<b>17 Laugh TV</b> While watching TV, any time you hear someone laugh, do 5 push-ups. Every commercial break, do 5 sit-ups.	<b>18 Get Outside</b> Safely go for a walk, ride a bike, or do whatever makes you happy. Remember the key is to pick something to help you get your heart rate up.	<b>19 4 Walls</b> Pick a room in your house. Face each of the 4 walls and do a different exercise for 30 seconds. You pick the exercise.	<b>20 Commercial</b> During a commercial break, do a wall sit for as long as you can. Goal: Try to remain in wall sit position the entire commercial break.	<b>21 Reach for the Stars</b> Find a safe place in your home to do 21 Star Jumps. Remember a star jump is when you bend low, jump high and kick your arms and your legs out.
<b>22 Dance, Dance</b> Put on your favorite song or turn on the radio and dance however you'd like for the entire song.	<b>23 Sock Toss</b> Roll a big sock into a ball. Place a basket or bucket 1 big step away. Underhand toss the sock into the target. Every time you make it, move one big step farther away.	<b>24 Did You Know?</b> Did you know soda can have 39 grams of sugar in one can? Pick your favorite exercise to increase your heart rate and do it 39 times.	<b>25 Stretch It Out</b> Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. Remember to stretch each side.	<b>26 Strong Read</b> Read a book while in the wall sit position. Try to keep your back against the wall. Hold book with both hands in front of you.	<b>27 Find The Label</b> Find a food label for an item that you eat for lunch. Find the number of calories per serving. Complete that many jumping jacks.	<b>28 Jump Rope</b> Using an invisible jump rope, practice speed jumps, backwards, one leg, and your own tricks.
<b>29 Bend Don't Break</b> Stick your feet together. Keep your knees straight and locked. Hang down and touch your toes for 15 seconds. Repeat twice.	<b>30 Crabby Clean</b> Tidy up while walking like a crab. Carry items on your belly across the room to put them away.	<b>31 Math Jacks</b> Find someone to do jumping jacks with. Add both of your ages together and perform that many jacks.				

Created by Brad Brummel of Springfield Public Schools & expand by Aaron Arnold of St. Louis Public Schools. Used by Springfield Public Schools during the 2019-2020 school year.

Share your thoughts, achievements, activity ideas, etc. by sending Coach Arnold an e-mail at [Aaron.Arnold@slps.org](mailto:Aaron.Arnold@slps.org)

Reminder: SHAPE America recommends at least 60 minutes of physical activity per day.