Session 1 10 min.

Moving on the Spot

A 20 minute classroom workout towards Daily Physical Activity

Warm Ups

Pumpers

eart

and

Muscle Movers

Session 2 10 min.

Pumpers

and

Movers

Muscle

Marching on the Spot

- · Stand tall and march on the spot
- Pump arms back and forth
- · Raise knees to waist height while marching
- · Add variety by marching in a circle, square or figure eight
- Continue for 30 45 seconds



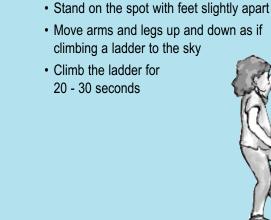
Circles in the Sky

- March on the spot and raise arms overhead
- · Try drawing circles in the sky
- Circle 8 10 times
- · Switch directions and circle 8 - 10 times



Jump and Twist

- Jump on the spot
- Twist hips and pump arms from side to side
- Continue for ___ 30 - 45 seconds



Climb a Ladder

Side Arm Circles

- · March on the spot, raise arms out from the sides of the body to shoulder height
- Circle arms forwards, then backwards 8 - 10 times each



Jump and Twirl

- Stand with feet slightly apart, begin jumping on the spot
- Circle (twirl) forearms in small circles in front of the body, behind the body
- Continue for 30 45 seconds



Jogging on the Spot

- Jog on the spot
- · Pump arms back and forth
- · Pump arms to the side
- Pump arms overhead
- Continue for 1 1.5 minutes



Jumping Jacks

- Jump on the spot
- Extend arms and legs out and in from the sides of the body
- Continue for 20 30 seconds



Popcorn

- · Move into a squat position, tuck head in and wrap arms over the head
- Pretend you are a kernel of "popcorn" and the pot is getting hotter
- Jump on the spot while the "popcorn' begins to pop
- Continue for 30 45 seconds



Narrow and Wide

- Jog on the spot
- Pump arms back and forth
- · Move legs wide apart, then close together
- Continue for 1 1.5



Skip Rope

- Skip on the spot
- Move hands in circles by your sides as though turning a skipping rope
- · Try forwards, backwards faster, slower
- Skip for 45 60 seconds



Kangaroo Jump

- Stand on the spot
- · Place feet slightly apart, bring hands into a "kangaroo" position
- · Jump on the spot like a kangaroo jump side to side
- Jump for 20 30 seconds



Crossover Running

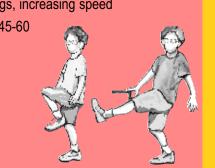
- Stand with feet shoulder width apart
- Raise arms out from the side to shoulder height
- Raise right leg in front of the body, lifting ankle inward to waist height, lowering left hand to touch raised ankle
- Alternate legs for 45 60 seconds

Frog Jump

- · Stand with feet shoulder width apart and toes pointing out to sides
- Press palms of hands together at chest height
- Jump up like a frog, land with bent knees, press palms of hands together
- Repeat for 20-30 seconds

Can Can Kick

- · Bend knee to waist height and kick
- · Alternate legs, increasing speed
- Repeat for 45-60 seconds



The Twist

- Arms out to the side, feet slightly apart
- Twist to one side and then to the other side
- Try raising one leg then the other
- Repeat for 45 60 seconds



Jump and Reach

- · Move into squatting position
- · Jump up, stretching arms overhead, then return to squatting position
- Encourage a soft landing, keeping knees slightly bent, repeat 8 - 10 times



Let's Dance

- Start moving arms and legs
- · Arms move in different directions swimming strokes, rolling in front of body
- Legs moving, dancing
- Try making up your own movements • Dance for 45 - 60 seconds



U Slow March

Slowly march on the spot

13 Neck Stretches

DO NOT

HEAD

EXTEND

BACKWARDS

• Bring ear to right shoulder

Repeat 2 - 3 times /

· Roll head forward across body to left shoulder

 Keep knees low and gently swing arms for 30 - 45 seconds



Side Stretch

- Stand with feet placed wide apart, arms by side
- Raise right arm over the head Slowly slide the other arm dow

· Stand with feet shoulder width apart, both

· Step back into a lunge position, back

· Bend front knee over ankle (BUT

Press back heel into the floor

the side of the left leg Hold 15 - 30 seconds. repeat on the left side

14 Leg Stretch

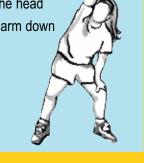
feet pointing forward

foot facing forward

NOT BEYOND ANKLE)

• Hold 15 - 30 seconds

Switch legs and repeat



12 Stork Stretch

- · Stand with both feet facing forward, holding onto something for balance
- · Grasp your ankle, gently pull it towards your buttock
- Tilt hip forward, feeling thigh stretch
- · Keep knees together, standing leg
- · Hold for 15 30 seconds, repeat with

15 Deep Breaths and Hug

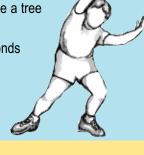
- Take a deep slow breath, inhaling through the nose and exhaling through the mouth
- Repeat twice · Give yourself a big hug!
- Hold for 15 30 seconds



Cool Down and Stretch

Tree in the Wind

- Stand with both arms overhead, feet placed wide apart and knees slightly bent
- Gently wave arms from side to side, forward and back, like a tree in the wind
- Continue for 30 seconds



Stork Stretch

- · Stand with both feet facing forward, holding onto something for balance
- Grasp your ankle, gently pull it towards your buttock
- Tilt hip forward, feeling thigh stretch Keep knees together, standing leg
- slightly bent • Hold for 15 - 30 seconds, repeat with

12 Leg Stretch Stand with feet shoulder width apart, both feet pointing forward Step back into a lunge position, back foot facing forward

- · Bend front knee over ankle (BUT NOT BEYOND ANKLE)
- · Press back heel into the floor
- Hold 15 30 seconds
- Switch legs and repeat

13 Cat Stretch

- · Stand with feet shoulder width apart, knees
- thighs, keeping back flat Slowly arch the back upward § into a rounded position

• Bend forward, placing hands on

- Hold 15 30 seconds, return to flat back
- Repeat

14 Shoulder Shrugs & Rolls · Shrug shoulders up toward ears and hold

- 3 5 seconds, repeat 3 times · Slowly circle shoulders forward,
- Slowly circle shoulders backwards, repeat 5 times

repeat 5 times



15 Deep Breaths and Hug

- · Take a deep slow breath, inhaling through the nose and exhaling through the mouth
- Repeat twice
- Give yourself a big hug!
- Hold for 15 30 seconds



For more information call Peel Public Health at 905-799-7700 peelregion.ca

Cool Down and Stretch

