



# JUST BREATHE



**"MR. MIAGI"  
VOLCANO  
TAKE 5**



**ALLYSON REEDS**

Physical Education Coordinator  
Orange County  
Department of Education





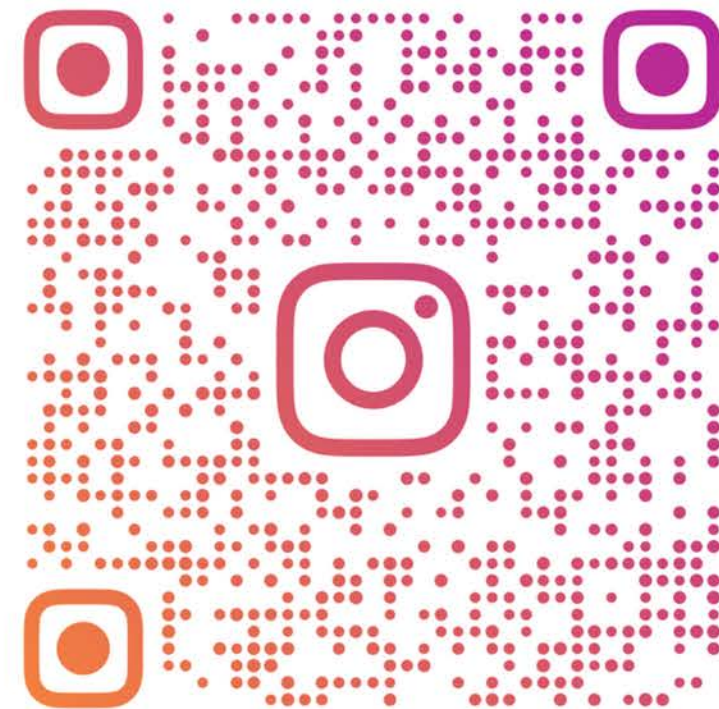






# NAME GAME

WARM UP GAME/  
CIRCLE OPPORTUNITY



REEL SHARED ON NOV 17, 2023  
BY HOWARDGREENSUPERMOVERS



SAY  
THEIR  
NAMES



PHYSICAL  
ACTIVITY  
CARDS FOR  
ALL AGES

These simple physical activity cards are a great way to get kids, teens, and adults moving...no equipment necessary!

Try them out in the classroom, at your desk, and at home with your family.

To get started, print this document.  
Cut along the gray dotted lines to make easy-to-use physical activity cards.

HealthierGeneration.org



PHYSICAL ACTIVITY BREAKS



## Tippy TOE WALK

Lift heels and walk on the balls and toes of your feet.

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PHYSICAL ACTIVITY BREAKS



## Heel KICKS

Start with a light jog. Pull the heel of the lower leg up to and bounce off the buttock.

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PHYSICAL ACTIVITY BREAKS



## Knee RAISE

Stand tall, lift one knee up towards the chest and hold.  
*Alternate knees.*

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PHYSICAL ACTIVITY BREAKS



## BASIC Lunges

Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. *Repeat by alternating lunge with opposite leg.*

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## Heel WALKS

Lift toes and balls of the feet and walk only on your heels.

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## Quad STRETCH

Start in a normal standing position. Bend one knee and raise the foot towards the buttock. Slightly flex the standing leg so the knees are together (but not touching). Hold the front of the raised foot and pull the heel towards the buttock. *Alternate legs.*

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## REVERSE Lunges

Facing forward, step one foot back about 18 to 24 inches. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and chest upright. Push back up with the back foot. *Return to the standing position and repeat with the opposite leg.*

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#HealthiestSchools



## Skip

Start on right foot: step, hop, lift up left knee and swing right arm. Left foot: step, hop, lift up right knee and swing left arm. *Repeat.*

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## March IN PLACE

Lift knees high and exaggerate the arm swing.

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## Carioca

Stay on the balls of your feet with your hips in a low semi-squat position. Begin by twisting your hips and crossing one leg in front of the other, bring your trail leg through and cross your lead leg behind the trail leg. Your shoulders remain square. *Repeat with the opposite leg.*

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## HOP on one leg

Take off on one foot and land on the same foot multiple times. *Repeat.*

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## HAMSTRING Stretch

Stand with one leg just in front of the other. Bend the back knee and rest your weight on the back leg. Tilt the hips forwards as if sticking your bum in the air! *Hold for a count of 30.*

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## SQUAT Jumps

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. *Repeat.*

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## JOG IN PLACE

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## 360 TURN AND Dunk

Jump up with hands overhead, spin in the air and slam the ball down through the hoop. *Repeat.*

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## QUICK Feet

Start with feet shoulder-width apart and knees bent in defensive position. Pick up and put down feet as quickly as possible.

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## Squats

Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the knees behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position. *Repeat.*

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## JUMP AND Twist

Jump up and rotate body. Land softly on the balls of the feet.

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## QUARTER Turns

While performing "quick feet," jump slightly and rotate both feet to the right, return to center. Quick feet, jump slightly and land with both feet rotated to the left.

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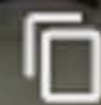
## SIDE Slides

Start in defensive position. Step towards the left with the left foot; follow by bringing the right foot closer to the left foot. *Repeat.* Step towards the right with the right foot; follow by bringing the left foot closer to the right foot. *Repeat.*

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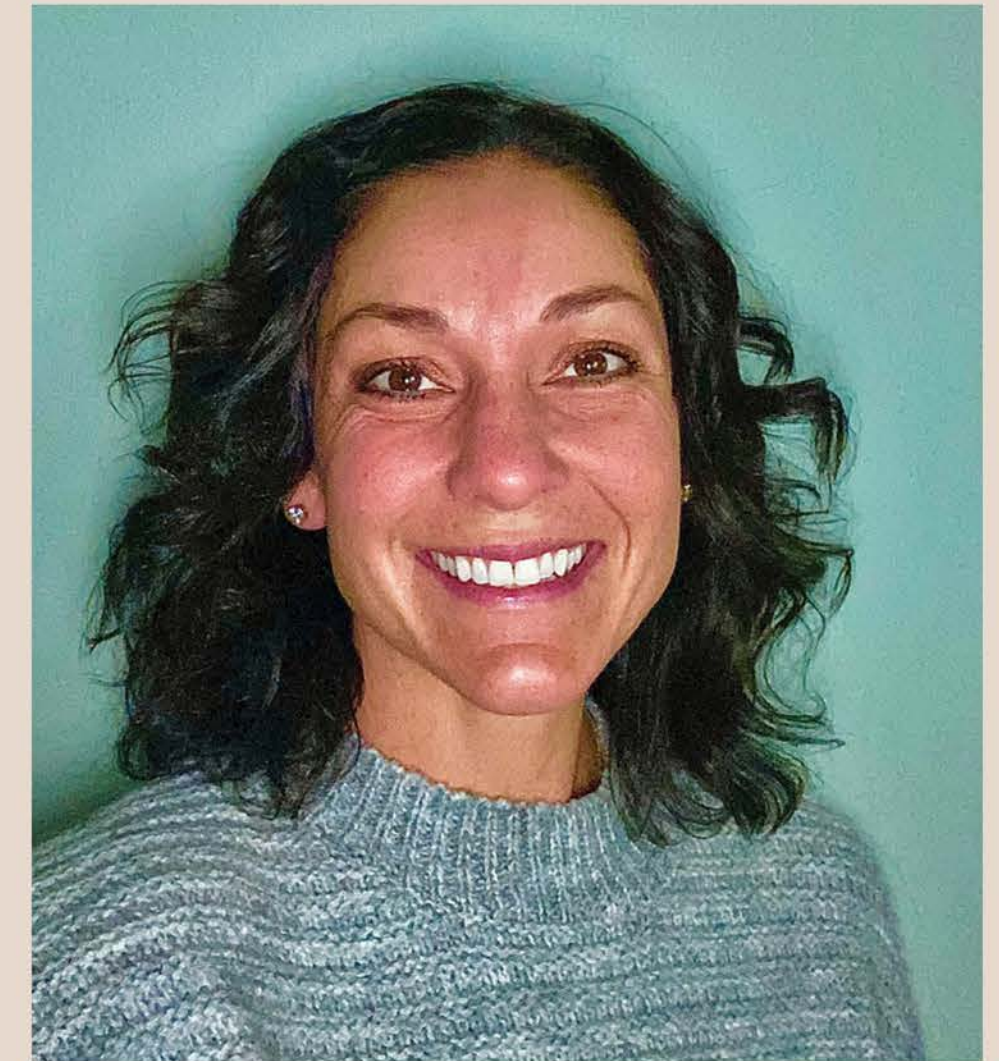






# THANK YOU ✨

**"OF ALL THE PATHS YOU  
TAKE IN LIFE, MAKE SURE  
A FEW OF THEM ARE  
DIRT."  
– JOHN MUIR**



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