
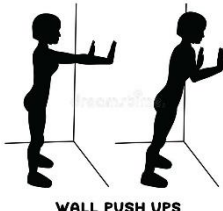


































## Movement Breaks using Household Items








Activity Number	Activity Name	Resources	Example
1.	Animal Walks	<ul style="list-style-type: none"> <li>• Animal walks cards see <a href="#">Resource 1: Animal Action Cards</a></li> <li>• Animal walks dice see <a href="#">Resource 2: Animal Dice Print Out</a></li> <li>• Animal walks poster see <a href="#">Resource 3: Animal Walks Poster</a></li> <li>• <a href="https://www.youtube.com/watch?v=DpgKyq3WCuw">https://www.youtube.com/watch?v=DpgKyq3WCuw</a></li> </ul>	
2.	Wall Push ups	<ul style="list-style-type: none"> <li>• Wall</li> <li>• To challenge, try completing with one hand</li> </ul>	 <p style="text-align: center;">WALL PUSH UPS</p>
3.	Skipping	<ul style="list-style-type: none"> <li>• Skipping rope if available</li> </ul>	 <p style="text-align: center; font-size: small;">shutterstock.com • 772614442</p>
4.	Wheelbarrow walks	<ul style="list-style-type: none"> <li>• A partner</li> </ul>	
5.	Jumping on a trampoline	<ul style="list-style-type: none"> <li>• Trampoline (if available)</li> </ul>	
6.	Help carry heavy bags or putting the shopping away	<ul style="list-style-type: none"> <li>• Shopping bags with items</li> </ul>	 <p style="text-align: center; font-size: x-small;">iLamy stock photo</p>
7.	Pushing shopping trolley or vacuum	<ul style="list-style-type: none"> <li>• Shopping trolley</li> <li>• Vacuum cleaner</li> </ul>	 <p style="text-align: center; font-size: x-small;">iStock</p>







			
8.	Wiping activities such as wiping tables or windows	<ul style="list-style-type: none"> <li>• Cloth or sponge</li> <li>• Little bucket of water if wiping windows</li> </ul>	
9.	Jumping sack race	<ul style="list-style-type: none"> <li>• Old pillowcase if available</li> </ul>	
10.	Bouncing on fit ball to music *if available	<ul style="list-style-type: none"> <li>• Fit ball if available</li> <li>• Music</li> </ul>	
11.	Hopscotch	<ul style="list-style-type: none"> <li>• chalk</li> </ul>	
12.	Masking tape mazes	<ul style="list-style-type: none"> <li>• masking tape</li> <li>• for additional ideas see <a href="#"><u>Resource 4: Tape Maze Activity Ideas</u></a></li> </ul>	
13.	Carry laundry basket full of clothes	<ul style="list-style-type: none"> <li>• laundry basket with clothes</li> </ul>	
14.	Move garbage bins to the curb	<ul style="list-style-type: none"> <li>• Rubbish bin</li> </ul>	
15.	Water plants with a watering can	<ul style="list-style-type: none"> <li>• Watering can</li> <li>• plants</li> </ul>	

16.	Push chairs in at the table	<ul style="list-style-type: none"> <li>Chairs and table</li> </ul>	
17.	Pull laundry in/out of the washing machine or dryer	<ul style="list-style-type: none"> <li>Laundry basket with clothes</li> </ul>	
18.	Dance/Movement songs	<ul style="list-style-type: none"> <li>Youtube with the following links</li> <li><a href="https://www.youtube.com/watch?v=JdBIXPWM8AI">https://www.youtube.com/watch?v=JdBIXPWM8AI</a></li> <li><a href="https://www.youtube.com/watch?v=KhfkYzUwYFk">https://www.youtube.com/watch?v=KhfkYzUwYFk</a></li> </ul>	
19.	Army crawl during transitions or to another room	<ul style="list-style-type: none"> <li>Army crawl during a transition to the next activity</li> <li>Army crawl to another room to collect an item</li> <li>Army crawl along a path using masking tape</li> <li>Army crawl on pillows</li> </ul>	
20.	Moving heavy cans	<ul style="list-style-type: none"> <li>Heavy cans</li> <li>basket</li> </ul>	
21.	Tug of war	<ul style="list-style-type: none"> <li>rope</li> <li>partner</li> </ul>	
22.	Pushing a tire	<ul style="list-style-type: none"> <li>tire</li> </ul>	
23.	Jump over hurdles	<p>Items that can be used to make hurdles</p> <ul style="list-style-type: none"> <li>Pool noodles</li> <li>Stools</li> <li>Tires</li> <li>Washing basket</li> <li>String taped to buckets or paint tins</li> </ul>	

24.	Row row row your boat	<ul style="list-style-type: none"> <li>• A partner</li> <li>• Row row your boat song <a href="https://www.youtube.com/watch?v=radox-9P3r8">https://www.youtube.com/watch?v=radox-9P3r8</a></li> </ul>	
25.	Sausage roll (rolling your child in a sheet to provide deep pressure)	<ul style="list-style-type: none"> <li>• Blanket</li> </ul>	
26.	Squish playdoh or putty	<ul style="list-style-type: none"> <li>• Playdoh, dough or putty</li> </ul>	
27.	Jumping jacks/ star jumps		
28.	Running on the spot	<ul style="list-style-type: none"> <li>• You may want to mark a spot on the floor using masking tape</li> </ul>	
29.	Walking toe to heel	<ul style="list-style-type: none"> <li>• Masking tape</li> </ul>	
30.	Wear a weighted backpack	<ul style="list-style-type: none"> <li>• Backpack with items in it such as cans of food</li> </ul>	
31.	Wash walls	<ul style="list-style-type: none"> <li>• Sponge</li> <li>• Soapy water</li> <li>• Wall</li> </ul>	
32.	Scrub floors with soapy water	<ul style="list-style-type: none"> <li>• Sponge or paper towel</li> <li>• Soapy water</li> </ul>	
33.	Paper plate ice skating	<ul style="list-style-type: none"> <li>• Paper plates</li> <li>• Carpet</li> </ul>	



34.	Dig in dirt	<ul style="list-style-type: none"> <li>• Spade or you can use your hands</li> <li>• Dirt</li> </ul>	
35.	Jump in puddles	<ul style="list-style-type: none"> <li>• Puddles *you can make puddles by pouring water onto concrete</li> <li>• Gumboots</li> </ul>	
36.	Wash the car	<ul style="list-style-type: none"> <li>• Sponge</li> <li>• Soap</li> <li>• Bucket</li> <li>• Car</li> </ul>	
37.	<p>Uno gross motor game</p> <p>Assign an action to each colour e.g  Red= hop  Yellow= jump  Blue= sping  Green= crawl</p> <p>Students flip over the uno card and complete the action according to the colour on the card</p>		
38.	Shake Break Song	<a href="https://www.youtube.com/watch?v=zI5QodAFuVk">https://www.youtube.com/watch?v=zI5QodAFuVk</a>	
39.	March along to 'Ants go Marching' Song	<a href="https://www.youtube.com/watch?v=2S_fbCGwOM">https://www.youtube.com/watch?v=2S_fbCGwOM</a>	
40.	6 Minute it to win it games	<u>See Resource 5: 6 Minutes to Win it Games</u>	

41.	Sit ups		 <p>shutterstock.com • 379587796</p>
42.	Box jumps Step ups Sit to stands	Park bench	
43.	Workout apps	7 minute workout (free app)	
44.	Walking	<ul style="list-style-type: none"> <li>• Around the block/around your local park</li> </ul>	
45.	Chair dips	<ul style="list-style-type: none"> <li>• chair</li> </ul>	
46.	Throwing and catching	<ul style="list-style-type: none"> <li>• Ball</li> <li>• Balloons</li> <li>• Can throw towards a target using masking tape or using containers/boxes or laundry basket</li> </ul>	
47.	Bike Riding	<ul style="list-style-type: none"> <li>• Bike (if available)</li> </ul>	