



Classroom Activity Break Exercises

BOOK 1

Instant Recess® West African Dance Instructions

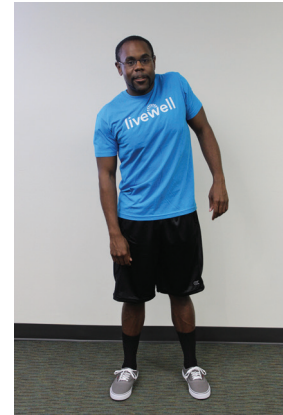
Instant Recess® is a 10-minute bout of activity in the form of low-impact dance movements. Developed over 15 years ago by Dr. Toni Yancey, Instant Recess® was designed to be fun, accessible for people of all fitness levels, and easily incorporated into school, work and community life.

Instant Recess® West African Dance Instructions

Start by marching in place

Exercise 1: Shoulder Rolls

1. Roll shoulders forward and up until your shoulders reach your ears, then back and down (one fluid motion).
2. Alternate right to left.
3. Then roll them together.
4. REPEAT!



Exercise 2: Neck Stretches

1. Start with your chin on your chest and then move your chin to the sky.
2. Tilt your head from side to side, bringing your ears towards your shoulders.
3. REPEAT!



Exercise 3: Hip Rolls

1. Half-circles – push hips back and alternate swinging them from right to left, making half-circles.
2. Full-circles – push hips back and swing 360-degrees, making a complete circle.
3. REPEAT!



Exercise 4: Beat the Drum

1. Bend slightly at the knee and alternate tapping your heels to the beat.
2. Add arms by bending at the elbow to make your fists eye level.
3. Begin to alternate extending your arm forward while you tap your heels.
4. REPEAT!



Exercise 5: Harvest

1. While marching to the beat, bend slightly at the hip and reach out with your arms as if you are giving something away.
2. Stand up, and pull arms in by your waist – imagine you are holding a platter at the end.
3. REPEAT!



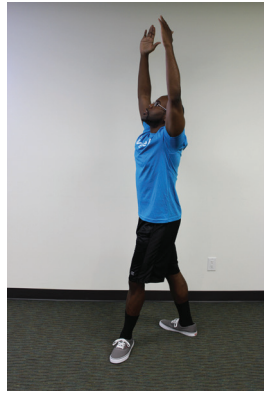
Exercise 6: Sun Salute

1. Step left, middle then right, middle.
2. When you step out, open your arms wide, as if you're giving a hug, then close them across your chest as you step back to the middle.
3. REPEAT!



Exercise 7: The Celebration

1. Begin with back step.
2. As your body weight shifts onto your right foot, swing your arms directly above your head.
3. Bring your arms down as your weight is evenly spread between your feet.
4. Swing your arms over your head as your weight shifts to your left foot.
5. REPEAT!



Exercise 8: Warrior Lift

1. Start with lifting the right knee up while your arms are over your head.
2. Bring your arms and knee down and step back with the opposite leg, then put your arms behind you.



Exercise 9: Criss-Cross

1. Starting with the side step, bend forward from the hip.
2. Cross your arms at the wrists.
3. Alternate right to left and as you are stepping out, pull your arms back while bending your elbows 90 degrees.
4. Cross your wrists as you step back in.
5. REPEAT!

