



# Classroom Activity Break Exercises

## BOOK 5

### Instant Recess® Football Instructions

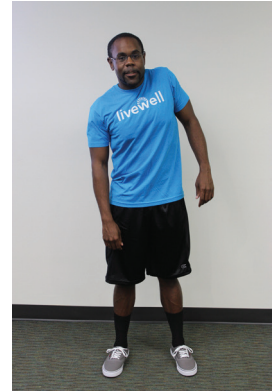
Instant Recess® is a 10-minute bout of activity in the form of low-impact dance movements. Developed over 15 years ago by Dr. Toni Yancey, Instant Recess® was designed to be fun, accessible for people of all fitness levels, and easily incorporated into school, work and community life.

## Instant Recess® Football Instructions

### Exercise 1: March in Place

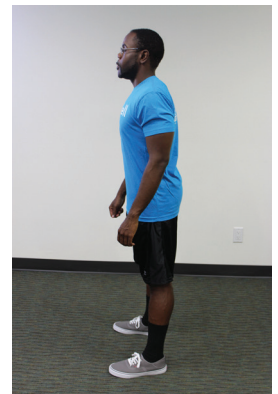
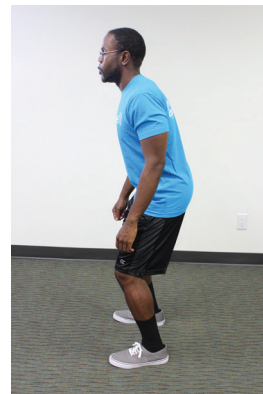
### Exercise 2: Shoulder Rolls

1. Start in a seated or standing position with your arms by the side of your body and your feet hip-width apart.
2. As you inhale, roll one shoulder forward, up to your ears.
3. Exhale and roll your shoulder back & down (one fluid motion).
4. Alternate right to left, then roll them together.
5. Switch directions.
6. REPEAT!



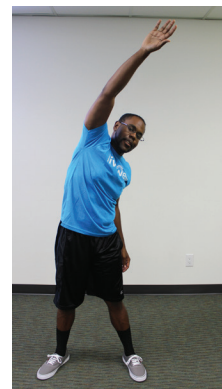
### Exercise 3: Bounce

1. Stand with your feet shoulder-width apart.
2. Inhale and bend your knees slightly.
3. As you exhale, stand up straight in a fast and explosive movement.
4. Make sure your knees do not go over your toes!
5. Repeat this motion quickly, as if you're bouncing.



### Exercise 4: Arm Stretch

1. Lift your left arm straight up and inhale. As you exhale, stretch your left arm over your head, to the right side of your body while keeping your other arm at your side.
2. Switch and bring your right arm straight up and stretch it over your head to the left.
3. REPEAT this motion quickly.



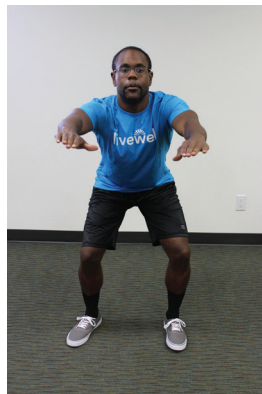
### Exercise 5: Side Twist

1. Keep your feet shoulder-width apart.
2. Bend your arms at the elbow and rotate your hips to the left while using your right foot to pivot.
3. Then rotate your hips to the right while pivoting with your left foot.
4. Be sure to squeeze your abs while doing this exercise.
5. REPEAT!



### Exercise 6: Squat

1. Start in a nice and neutral position with your feet. Keep your feet wide, place all of your weight into your back heel (imagine your heel as a tree and it is extending roots in the ground so that you stay nice and tight).
2. As you inhale, bring your knees out to the side as you are bending from the hips and sticking your bottom out as if you are sitting in a chair.
3. As you exhale, push through your heel and slowly rise until you are standing in your starting position.
4. Make sure to keep your chest lifted, back flat and that your knees do not go over your toes. You will want to see tips of your toes as you go down into your squat.
5. Reach your arms out straight in front of you as you bend.
6. Stand back up and REPEAT!



### Exercise 7: Heel Raise

1. Stand in a neutral position with your feet slightly apart.
2. Lift up your left heel and raise up onto the ball of your left foot so that you are on the tip of your toes, then put it back down.
3. Lift up your right heel and raise up onto the ball of your right foot so that you are on the tip of your toes (cue: Imagine you are reaching for a ball that is too high or that you are a ballerina), then put it back down.
4. Repeat this motion, quickly.
5. Alternate bending your arms up and down at the elbows as you move your heels up and down.



### Exercise 8: March in Place with High Knees

#### Exercise 9: Hand-Off

1. Raise your left knee and bend at the hips.
2. Bend your elbows and position your hands in front of your chest with your palms facing each other.
3. Drop your arms and leg back down.
4. Raise your right knee, bend at the hips.
5. Bend your elbows and position your hands in front of your chest with your palms facing each other.
6. Drop your arms and leg back down.
7. REPEAT!



### Exercise 10: Heisman Knee Lift

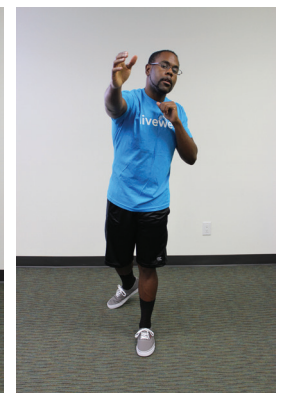
1. Turn your body slightly to the right (as if you are dancing and doing the twist).
2. Bring your left knee up and down while pushing your arms across your body to the left.
3. Repeat and then switch sides.
4. REPEAT!



### Exercise 11: March in Place

#### Exercise 12: Quick Pass

1. Turn your body so your left shoulder is out in front of you.
2. Step forward and bring your feet together.
3. Step back and bring your feet together.
4. As you step back, bend your arms at your elbows and put your hands together over your right shoulder (as if you are preparing to throw a ball).
5. As you step forward, straighten your right arm as if you're throwing a football.
6. REPEAT!
7. After repeating multiple times on your left side, turn your body so your right shoulder is out in front of you.
8. Repeat all steps on the right side of your body.

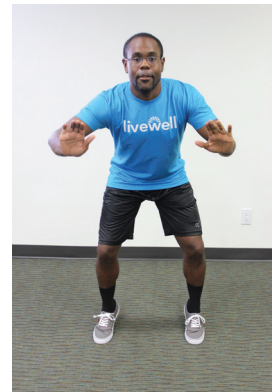




### Exercise 13: March in Place

### Exercise 14: Quick Feet

1. Stand with your feet shoulder-width apart.
2. Put your hands out in front of your chest.
3. Bend the knees and pull the hips back as if you are squatting.
4. Stay low and lift your right foot off the ground and then switch to your left foot.
5. Run in place and repeat this motion quickly.

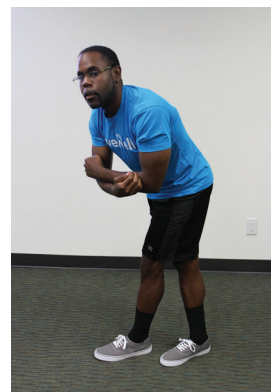


### Exercise 15: March in Place

### Exercise 16: Side Step

### Exercise 17: Hail Mary Pass

1. Step to the right.
2. Cross your left foot in front of your right foot.
3. Step to the right again.
4. Bring your feet together.
5. Step to the left.
6. Cross your right foot in front of your left foot.
7. Step to the left.
8. Bring your feet together.
9. As you take your next step to the right, reach out with your arms over your head to the right. As you cross your left foot in front of your right foot, pull your arms down into your chest, as if you're pulling a football down into your body.
10. Step to the right and then step together while keeping your hands close in front of your body.
11. Repeat this same motion as you step to the left.



## Exercise 18: Cool Down– Arm Circles

1. Slowly raise arms to the side and up above your head (your arms should be next to the side of your ears).
2. Slowly bring your arms back down while taking deep breaths in and out.
3. REPEAT!
4. Bring your feet together.
5. Stretch your arms out in front of your body and interlock your fingers.
6. Flip your hands so your palms are facing away from your body.
7. Stretch your arms up over your head.
8. Let your hands go and roll your wrists as you bring your arms down to the sides.
9. REPEAT!

