



Classroom Activity Break Exercises

BOOK 6

Instant Recess® Hip Hop

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® Hip Hop

Start with a side step.

Exercise 1: Back step

1. Beginning with your feet together, step back with your right foot and bring it back to the middle.
2. Now step back with your left foot and bring it back to the middle. REPEAT!
3. Add arms by extending both arms in front of your chest. Do this each time you take a step back.
4. Once you get in a rhythm, try speeding it up.



Back to side step.

Exercise 2: Lunge Step (with hop)

1. Stand with feet together, turn your body to the left and step back with your right leg.
2. Slowly lower your body until your front knee is bent to almost 90 degrees.
3. Make sure to keep your front knee over your ankle and your back knee pointing down.
4. Go back to middle (feet together, facing forward) and turn your body to the right, stepping back with your left leg.
5. Speed it up by transitioning with a hop step. Optional: Change the rhythm by doing a single lunge on one side and double on the next.



Exercise 3: Grapevine

1. Take a big side step and put the following foot behind the lead foot.
2. Take another side step (in the same direction) and close your feet. Repeat!
3. Now add a high knee by lifting the knee of your following foot up to your hip. This replaces the last step to close your feet. Repeat!



Back to side step.

Exercise 4: Side step (with squat)

1. Start by taking a big step to the right, bringing your arms to the left (parallel to the ground).
2. Then take a big step to the left, bringing your arms to the right. Repeat!
3. Now add a small squat (with both feet together) when you are transitioning from one side to the other. Add arms by swinging them in front of your body during the squat. Repeat!



Back to side step.

Exercise 5: Heel Step

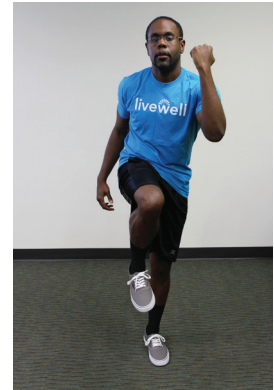
1. Pick up your right foot and tap your right heel in front of your body so that your toes are pointing towards the ceiling.
2. Bring your right foot back to center and tap your left heel in front. Repeat!
3. Add arms by facing palms to the ground, straightening your elbow and pressing down.



Back to side step.

Exercise 6: Pull down

1. Lift one knee up so that your knee aligns with your hip (thigh parallel to ground).
2. Place your foot back on the ground and lift your alternate knee up. Repeat!
3. Reach one arm up to the ceiling (opposite of the knee you are lifting) and pull it down while your knee lifts up. Remember to tighten your stomach muscles while you do the exercise.
4. Repeat!



Exercise 7: Twist

1. Stand with your feet shoulder-width apart.
2. Keeping your feet planted on the ground, twist both feet to one side and bring your arms (parallel to ground) to the opposite side of your body.
3. Twist back to center (feet facing forward) and bring both arms in front of you.
4. Now twist to the opposite side, remembering to keep a slight bend in the knees. Repeat!

