



Classroom Activity Break Exercises

BOOK 8

Instant Recess® Moving with Tradition

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® Moving with Tradition

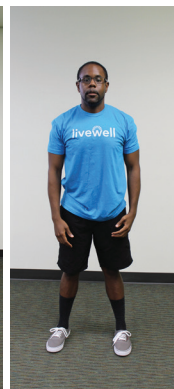
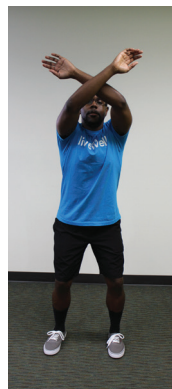
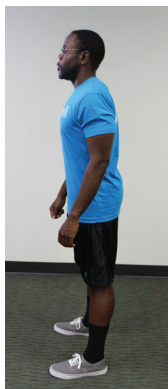
Exercise 1: Two-Step

1. Step to the left.
2. Tap your right foot near your left foot.
3. Step to the right.
4. Tap your left foot near your right foot.
5. Speed it up.
6. Bend your arms at the elbows and twist your upper body while you do the two-step.
7. REPEAT!



Exercise 2: The Bounce

1. Bring your feet together and bend your knees slightly.
2. As you stand up, start to shrug your shoulders up to your ears. (lift them up and down)
3. As you are bouncing up and down, bring your left arm straight up and around behind you to in an arm circle.
4. Next bring your right arm up and around behind you in an arm circle.
5. REPEAT!



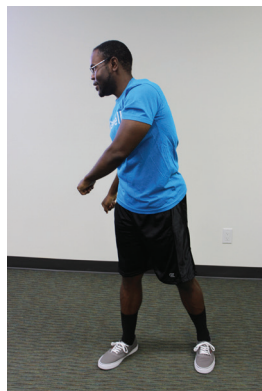
Exercise 3: Chicken Dance

1. Start with the two-step (Exercise 1).
2. Bend from the hips and the waist, continue the two-step.
3. Put your hands on your hips.
4. As you two-step from side-to-side, stick your chest out, as if you're flapping your wings.
5. REPEAT!



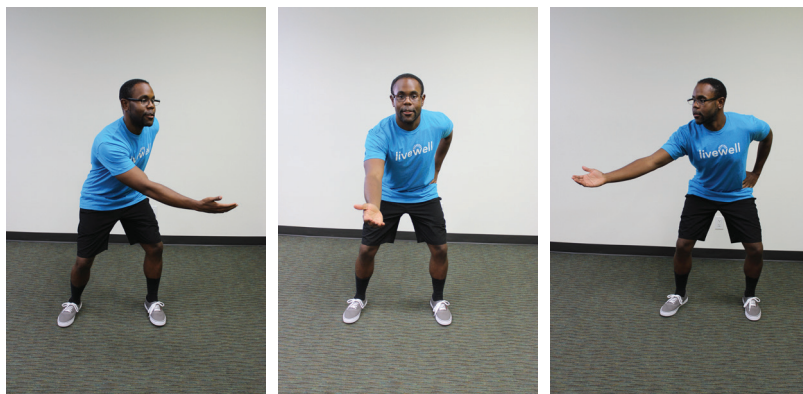
Exercise 4: Shawl Dance

1. Continue doing the two-step (Exercise 1).
2. Lift up your arms as if you're holding a piece of fabric.
3. As you two-step to the left, sweep your arms down to the left and then up again.
4. As you two-step to the right, sweep your arms down to the right and then up again.
5. REPEAT!



Exercise 5: Around the World

1. March in place.
2. Stick your right arm out in front of your body.
3. Bend slightly at the hips.
4. Sweep your right arm all the way to the left side.
5. Once you've turned all the way to the left side, put your right arm down and extend your left arm.
6. As you turn back towards the left, sweep your left arm straight out in front of you.
7. REPEAT!



Back to side step.

Exercise 6: The Bounce (See Exercise 2)

Exercise 7: Bow and Arrow

1. Raise your right knee up and down, repeat.
2. As you put your knee down, stretch your arms out in front of your body.
3. As you lift your knee up, bend your arms in towards your chest.
4. Repeat steps with the left knee.
5. REPEAT!



Exercise 8: Push and Pull

1. Side step to the left and then back, repeat.
2. Side step to the left and as you bring your foot back in, step in front of your right foot.
3. As you side step to the left, push your arms away from your body to the left.
4. As you step back together, reach your arms up over your head and pull them down towards your body.
5. REPEAT on both sides of the body



Exercise 9: Cool Down

1. Slowly raise your arms to the side and up above your head.
2. Slowly bring your arms back down while taking deep breaths in and out.
3. REPEAT!
4. Lift your left arm straight up and stretch it over your head, to the right side of your body while keeping your other arm at your side.
5. Then switch and bring your right arm straight up and stretch over your head to the left.
6. REPEAT!

