

Movement Break Cards

To help plan your movement break cards complete the following worksheet by adding details in each box

What are your favourite ways to move your body and be active?

(e.g. walking, running, dancing, surfing, soccer, yoga)

How will you demonstrate the movement on the card?

(e.g. using a drawing, photo of yourself or member of your group demonstrating the movement)

What are some benefits of using movement break cards in the classroom?

Tip - you may need to do some research to answer this question

What resources will you use to develop your movement break cards?

(e.g. computer and printer, pencil and paper)

How many movement break cards will you develop and what movements or stretches will be included?

(e.g. lunges, star jumps, running on the spot)

How will you ensure your movement break cards are inclusive of all students abilities?

(e.g. providing modification examples, ask teachers and fellow students for feedback on the exercises/stretchers chosen and make changes to ensure everyone can join in)

Movement Break Card Template (optional)

A large rounded rectangular box with a single horizontal line near the bottom.

A large rounded rectangular box with ten horizontal lines.

A large rounded rectangular box with a single horizontal line near the bottom.

A large rounded rectangular box with ten horizontal lines.

Movement Break Card Template (example)

Below is an example of how you could use the above template to develop your movement break cards.

Front

Include the name of the stretch or exercise along with a photo or drawing demonstrating the specific movement.



Tricep stretch

Back

Explain how to complete the stretch or exercise. You could also include details about how long to hold the stretch or complete the exercise.

Reach one arm
overhead and bend the
elbow, then pull the
elbow towards the head
with the opposite hand.

Hold this stretch
for 30 seconds. Repeat
with the opposite arm.