

Name: _____ Date: _____



With your teacher's permission, catch a break!

Try this before, during, or after class. Get up and get going! Here are the rules:

- Stay active for 10 or more minutes, depending on your teacher's instructions
- First, try different ways of jumping! You might:
 - » Pretend you're catching a ball in the outfield
 - » Jump with your feet together
 - » Jump with your feet apart
 - » Jump on your toes
 - » Jump with your knees bent a lot
 - » Jump with your knees barely bent
 - » Jump as high as you can
 - » Jump a teeny, tiny bit
 - » Jump and bend low when you come down
- Then, squat down like a catcher
 - » Try different ways/angles to squat—lean to the left, lean to the right, etc.
- Finally, with your teacher's permission, "run the bases"—pretend you're running around first, second, third, and on to home base—home run!
 - » If space is limited, try doing this in place
 - » If your room size allows, try this around the edges of the classroom or designated desks/tables

When you're done, notice how you feel. The more you're active, the more active you'll want to be—and it's good for you! See if you can do this fun activity in one or more classes for a week or a month. Check your heart rate, and notice how much more energy you feel!