

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Here's a challenge: What fun exercises can you safely perform at your desk?**

Goals:

- Get your heart pumping
- Stretch
- Strengthen your muscles

**These questions might give you some ideas:**

- Have you ever been to or watched a Cubs game?
  - » If not, ask a baseball player or fan for ideas!
  - » If so, what do people do for the seventh inning stretch?
- Which seventh inning stretches can you do at your desk?
- Can you modify some moves to suit your seat?

**Now, think about times when a good stretch or strength exercise might be nice.**

- Get going during your first class of the day!
- Amp up your energy at the beginning or end of class.
- Get permission to stretch during a class break or extra-long class.
- Indoor recess is a great time!

**Things you might try (but add something special—make them your own!):**

- Straightening and lifting your legs high while sitting up straight; repeat several times
- Pushing your arms straight out to each side; repeat several times
- Flexing your hands and pushing them up over your head; repeat several times
- Grabbing a wrist over your head and bending to one side, then the other; switch wrists and repeat a few times on each side



**Wrap up: Summarize your stretches here.** Then, turn and teach them to a classmate!

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