BIZZY BREAKS!

A PHYSICAL ACTIVITY BREAK FOR CHILDREN
Part of the G70 Active School Pack

GET READY
Safety check
- Put bags out of the way.
- Pens and pencils out of hands.
- No eating during Bizzy Breaks.
- Is there space between your feet?
- Are your shoe laces tied?
- Are you free to lean forwards and sideways?
- Is it safe to twist your body around?
- Is it clear to swing your arms?

Sit up check
- Sit away from the back of the chair.
- Bums on edge of seat and hands on thighs.
- Spread feet shoulder width apart and keep firmly on the ground.
- Sit straight - shoulders over hips and knees over toes.
- Keep the movements small, slow and fluid - no snapping or jerking.
- Do not hold the actions.
- Breathe during the movements - sing, sigh or say things.
- Repeat each activity up to 8 times.
- Do the stretchers when the body is warm all over i.e. after doing the Looseners and the Huffers.
- Use slow background music.
- Stretch to the point of mild tension - then hold the stretch for 5-10 seconds.
- Repeat each stretch 3 times for both sides of the body.

LOOSENERS
- Keep the movements small, slow and fluid - no snapping or jerking.
- Do not hold the actions.
- Breathe during the movements - sing, sigh or say things.
- Repeat each activity up to 8 times.

STRETCHERS
- Do the stretchers when the body is warm all over i.e. after doing the Looseners and the Huffers.
- Use slow background music.
- Move into each stretch slowly.
- Stretch to the point of mild tension - then hold the stretch for 5-10 seconds.
- Repeat each stretch 3 times for both sides of the body.

HUFFERS
- Only do the Huffers after doing the Looseners.
- Use lively background music.
- Do not stop between actions.
- Use on the spot walking as a transition or rest period if there are signs of over-exertion.
- Repeat each activity up to 8 times.
- Do not hold the breath - sigh, sing or huff.

ARMS
- Piano play
- Alphabet trace
- Weight lifts
- Shoulder shrug
- High reach
- Slo-mo march
- Heel touch
- Press & pull

TRUNK
- Spot walk
- Hup march
- Punch bag
- Side step
- Bounceroo
- Breast stroke
- Split bounce
- Sky punch
- Spot walk

LEGS
- Finger pan
- Wrist wrencher
- Wing wings
- Bum stretcher
- Calf stretcher
- Shin stretcher
- Side benders
- Trunk twister
- Reacher upper

Reproduced with kind permission from the Irish Heart Foundation, who developed the original concept in association with Mairéad Weymes, Primary School Sports Initiative and Frank Fahey, Fazical.