

PE Challenge
30 minutes of daily physical activities

Active breaktime from



Move from your chair !

Goal: take a break and wake up body to regain concentration.

Location: in class

Material: usual seat and some space around

Free media music:

<https://www.musicsscreen.be/>

<https://www.auboutdufil.com/index.php?tag=electro>

Universal sound-bank

Dogmazic



Instructions:

1-Sit on your chair.

2-Gently tilt your head to the right then to the left, 4 times.

3-Stretch yourself as if you were being pulled by the top of your head, then release to round your back, 4 times.

4- Put your fingers on your shoulders, move your elbows forward until they touch, spread them as far back as possible, 4 times.

5-Get up from your chair to go around to the right in 8 counts. Sit down and start again to the left. Repeat twice.

6- Stand behind your chair, your hands on the backrest, do 4 leg bends, using the backrest as little as possible to get up, 4 times.

7-Your hands on the backrest, lift your right heel, then lift your left heel. 4 times.

8- Sit back on the chair, close your eyes and breathe in for 8 counts, then breathe out for 8 counts. Repeat 4 times.

You are now ready to continue your learning!