

**PE Challenge**  
**30 minutes of daily physical activities**

Active breaktime from



## The Conductor !

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

**Location:** in class

**Material:** usual place and some space around

**Free media music:**

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

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

Universal sound-bank

Dogmazic



**Example:**

- Tap your foot on the ground (or one foot then the other)
- Clap your hands
- Strike your hands on your chest (at the same time or one after the other)
- Snap your fingers or click your tongue
- Hands on arms, knees, feet
- Hands on arms, knee and opposite foot
- Hand on the different parts of the body going down from head to toes.

**You can do it in different positions: standing, sitting on a chair or lying on your back !**