

Bounce It Out

Needs: Space

Targets:

- Increase students' heart rate
- Coordination with feet moving from wide stance to crossing in front of the body

Procedures:

- Stand with feet wide
- Bounce wide twice
- Cross legs and bounce twice
- Repeat 6 times
- Four bounces wide
- Four bounces with cross legs
- Repeat 3 times
- Single bounce wide, then cross legs for one bounce
- Repeat 3 times
- Double up bounces – two wide/two cross bounces
- Repeat 3 times
- Single bounces - single bounce wide/cross
- Repeat 3 times
- Freeze- take a deep breath in and exhale as arms come up over head and then
down

Common Problems and Fixes:

- If students struggle crossing their legs you can just have them bounce with their feet together in the middle.

Suggestions:

- The break can be done again after freezing and taking a deep breath.

Repeat sequence as many times as needed.