



## 10 Ways to be Active for Indoor Recess

1. **Energizers:** Classroom-based Physical Activities – Created by East Carolina University and the Activity Promotion Laboratory, Energizers are designed for K-5. They include a Healthy Active Children Resource Sheet and tips for creating a physically active classroom atmosphere.

[http://www.ecu.edu/cs-hhp/exss/upload/Energizers\\_for\\_Grades\\_K\\_2.pdf](http://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_K_2.pdf)  
[http://www.ecu.edu/cs-hhp/exss/upload/Energizers\\_for\\_Grades\\_3\\_5.pdf](http://www.ecu.edu/cs-hhp/exss/upload/Energizers_for_Grades_3_5.pdf)

2. **Jam a Minute School Program:** Health-E-Tips -- The goal of the Health-E-Tips program is to help kids make an impact on combating childhood obesity. The JAM School Program brings physical activity and health education into the classroom. JAM is designed to teach kids (and adults) healthier lifestyle habits. JAM resources offer a weekly one-minute exercise routine called JAMmin' Minute, an athlete-featured more extensive routine called JAM Blast, and a monthly health newsletter called Health-E-tips.

<http://www.jamschoolprogram.com/>

3. **ABC for Fitness** -- Their stated mission is to provide a fun, simple, engaging, no-cost, effective activities that encourage physical activity in the classroom. It provides research on why physical activity is important, classroom management tips for kids moving indoors, and tips for warm up and cool down procedures. Many activities have students standing by their desk and are conducive to a student leading the various activities designed for K-5. Another section identifies activities that integrate with language arts and math concepts called physical activity learning or "learning by doing".

<http://www.davidkatzmd.com/docs/ABCManual.pdf>

4. **Indoor Recess Games** -- This website has a number of indoor games for recess. Proteacher identifies these activities as "fun ideas for what to do when recess is in the classroom." Each game idea is an open thread where other teachers write in to add their game ideas and game modifications.

[http://www.proteacher.org/c/244\\_Indoor\\_Recess\\_Games.html](http://www.proteacher.org/c/244_Indoor_Recess_Games.html)

5. **TAKE10!** International Life Science Institute -- TAKE10! is a classroom-based physical activity program for K-5. The tool was created by teachers for teachers and students. It integrates academic learning objectives with movement. It requires no special equipment and comes with 30 multi-level activity cards linked to reproducible worksheets and was designed to allow students to be active within space limitations of a standard-size classroom.

<http://www.take10.net/>



6. **Fitness Fun Forever:** Florida Department of State -- This website is unique in that it lists great games for getting kids moving. Some games like Balloon Frantic is an indoor classroom game that is popular with students. The site has a listing of games, followed by a video clip of the teacher explaining the game, as well as a video clip of students performing the activity in addition to a downloadable description card.

<http://uwf.edu/sryan/resources/activitychart.htm>

7. **A Range of Breaks to use in the Classroom:** Behavior Solutions -- Behavior Solutions. Ideas such as Sitting Aerobics, Finger Aerobics, and Double Doodles/Palm to Palm. Modified activities from Dave Vizard Brain Breaks, Starter Activities and Fillers.

<http://www.emc.cmich.edu/BrainBreaks/>

8. **Ten Activities to Encourage Physical Activity in the Classroom:** Therapy Source -- 10 easily implemented activities that can be conducted during an indoor recess. Activities listed on the board and various students are assigned to lead each activity. Activities include: Walking Worksheets, Opposite Hunt, and Pencil Jumps.

[http://www.yourtherapysource.com/files/10\\_simple\\_activities\\_classroom.pdf](http://www.yourtherapysource.com/files/10_simple_activities_classroom.pdf)

9. **Fitness Skillastics** – This activity kit is designed to make fitness and calisthenics fun rather than punishment. Ideal for the gymnasium or indoor recess, Fitness Skillastics features 26 fitness exercises, all approved by leading fitness experts, covering all four fitness components – flexibility, cardiovascular/respiratory endurance, muscular strength and muscle endurance. Includes 10 additional team-building activities and other instructional ideas. Ideal for grades K-8.

[http://www.skillastics.com/fitness\\_skillastics.html](http://www.skillastics.com/fitness_skillastics.html)

10. **Jack Hartmann DVDs:** Hop 2 it Music – Jack Hartmann DVDs are action packed academic DVDs that infuse physical activity into learning ELA, math, and other subjects through repetition, rhythm, and rhyme. These DVDs are great for classrooms, indoor recess, and school assemblies. Don't forget, teachers to role model the DVDs with your students!

<http://www.jackhartmann.com/>