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Busy Body Exercise Cards

Busy Body Exercise Cards represent fun, healthy movements that will help to develop children's gross motor skills. **Busy Body Exercise Cards** are perfect for conducting a twenty minute exercise routine in the classroom.

The cards are categorized into three groups: cards with a green border represent beginner movements; the yellow border represents intermediary movements; the red border represents challenging movements. Create exercise routines by changing the order of the cards.

On the reverse side of each card are illustrated instructions. Children can re-create the poses on their own or in small groups. Tip: Photocopy and paper clip the printed instructions to the back of the cards for quick reference.

Begin your classroom exercise by breathing and stretching.

- Ask students to stand while placing one hand on their chest and one hand on their stomach. Breathe deeply through the nose while feeling the chest and stomach rise. Exhale through the mouth. Tip: Try not to raise shoulders while inhaling.

- As an intermediate exercise, ask children to stand while placing one hand on their stomach and one hand on their chest. Ask them to start by filling their belly with air, then filling their chest. It will require a deep breath!

- For a challenging breathing exercise, ask children to take three short breathes through the nose before exhaling through the mouth. Start by standing with arms to the sides. On the first inhale, lift arms out in front. On the first exhale, lift arms straight to shoulder level in front. On the second inhale, move arms out to either side. On the third inhale, lift arms straight out above head. On the exhale, slowly breathe out through the mouth while arcing the arms down to rest at either side of the body.

Begin and end your session with a few warm up/cool down stretches. It is a wonderful habit to develop. Stretching is a great way to build discipline in your routines. Once a warm up routine is established, ask students to lead the stretches.

- For beginner stretching, ask students to stand with their back straight and their feet shoulder-width apart. Spread arms out; hold them perpendicular to the floor. Relax arms and tilt head back. Bend head forward and hold in place. Return head to an upright position and stand on toes. Repeat as desired. Hold all stretches for a count of twelve.

- For intermediate stretching, perform the previous stretches and add some new ones. Clasp hands over head. Bend the back and shoulders, but not the waist to the right. Count to twelve. Return to an upright position and then bend to the left and count to twelve.

- Hold right arm at shoulder level pointing to the left. Place the left hand above the right elbow and slowly pull the arm forward. Hold for a count of twelve and repeat with the left arm.

- For more challenging stretches, perform the previous stretches and add a leg stretch. Hold the edge of the desk and squat down while the heels lift off the floor. Use the desk to help balance while stretching.

Activities:

1. Ask a student to lead the exercise. Encourage the student to sort through the cards and pick poses to make a routine. Select a



different student each week to create and lead their own routines.

2. Add music to your exercise routines. Find recordings of natural sounds like the ocean or forest and play them while posing. Play the sound of wind chimes during the routines.

3. Once you have mastered all of our poses, make up some of your own. Pick a theme such as weather, underwater, outer space or prehistoric times. Students can work in groups to create poses based on the themes. Once complete, ask each group to lead the class in performing their routines.

Green Cards/Beginner Level

The Airplane:

Stand with feet positioned shoulder-width apart. Stretch out arms parallel to the floor. Tilt slowly at the waist left and right. Return to an upright position and repeat five times.



Puppy Patting:

Stand with feet positioned shoulder-width apart. Bend forward at the waist with back straight. Place one hand on knee. Reach out and pat the pretend puppy. Return to a standing position and repeat using the other hand to pat the dog. Repeat five times.



The Frog:

Start with feet positioned shoulder-width apart and toes pointing out. Ball hands into fists and stretch arms back while bending at the elbow. Bend knees until you reach a semi-squat position. Jump forward. If you're exercising outside or in a gymnasium, encourage children to jump in a straight line. If you are exercising in the classroom, jump forward, turn around and jump back. Repeat five times.



Stair Climbing:

Start with feet positioned shoulder-width apart. Clench hands into fists and bend at the elbows. Raise one leg up, bending at the knee. Pause with one foot suspended in the air. Return foot back down to the ground and lift other foot. Repeat five times.



Up, Up and Away:

Start with feet side by side. Raise arms up at the shoulders. Lift one foot up, bending back at the knee. Return foot to the ground and lower arms. Lift up again raising the other foot. Repeat five times.



Ball Catcher:

Stand with feet shoulder-width apart. Raise elbows away from the body. Flex hands at wrist so they face out from the body. On the count of three, push the arms out and straighten the elbows as if throwing a pretend beach ball. Count down from three again and catch the same ball by reversing the motion. Repeat ten times.



Yellow Cards/Intermediate Level

The Elastic Band:

Start with feet shoulder-width apart and arms by your sides. Raise hands up to the sky and stand on your toes. Stretch out as long as you can, then relax to a normal posture. Repeat ten times.



The Band Leader:

Start with feet shoulder-width apart. Raise arms and bend at the elbows. March in place while swinging arms. March in place twenty times.



The Flamingo:

Start with feet shoulder-width apart. Lift one leg back from the knee so thighs are still parallel. Flex arms by balling hands into fists and swing back and forth while balancing on one foot. Pump arms back and forth two times. Lower foot and raise the other leg. Flex arms again. Repeat five times. Tip: To make it more challenging, pump arms five or ten times.



The Balance Bridge:

Start with heels together and toes pointing out. Raise one leg and place heel on knee. Raise arms so they are parallel to the ground. Hold in place for a count of five. Lower leg and relax arms. Repeat with other leg. Repeat five more times. Tip: To make it more challenging, hold for a count of ten.



The Grasshopper:

Start with your feet shoulder-width apart and your toes pointed out slightly. Bend at the knees and waist until you reach a squatting position. Extend hands until they touch the ground. On the count of three, spring up. Tip: If you are working in an open space, spring forward. If you are working in a smaller space, spring up. Repeat five times.



Red Cards/Challenge Level

The Draw Bridge:

Start with your feet close together. Place your hands on your hips. Keep your legs straight and bend at the waist. Repeat ten times.



Soccer Kick:

Start with feet side by side. Stretch arms out straight to the sides. Pull foot back, bending your leg at the knee. Bring foot sharply forward as if kicking a pretend soccer ball. Relax arms. Repeat the process using the other foot. Repeat ten times.



The Hamster Wheel:

Run in place for twenty seconds. Start by clenching hands into fists, bending elbows and pumping arms. Jog on the spot. Tip: To make this more challenging, encourage students to vary their speed by running as fast as they can in one spot for five seconds and then running in slow motion for five seconds, and repeat.



The Lay Up:

Bend legs at knees and place the right foot in front of the left. Hold up arms as if holding a ball. Extend arms up and out as you shoot your pretend basketball towards the hoop. Switch foot positions and shoot again. Repeat five times.



Splish Splash:

Extend arms straight out to the sides. Lift one leg up at the knee. While on one leg, hop as high as you can. Alternate legs and repeat five times.



Once your students are comfortable with the movements, you can create an exercise routine. Each routine should run between ten and twenty minutes. Note: A good time for an exercise session is first thing in the morning, after lunch and the middle of the afternoon. Use ten of the sixteen cards. Devote between one and two minutes of activity per card. End the session with one movement held for a count of ten. This helps children calm down after a heart pumping session. Try these routines:

The Rollercoaster

1. The Airplane
2. The Frog
3. Puppy Patting
4. Stair Climbing
5. Up, Up and Away
6. The Elastic Band
7. The Grasshopper
8. Ball Catcher
9. The Flamingo
10. The Balance Bridge

Strike Up the Band

- The Band Leader
- The Airplane
- The Frog
- The Elastic Band
- The Flamingo
- The Draw Bridge
- The Hamster Wheel
- The Soccer Kick
- Splish Splash
- Puppy Patting

Sports Fun

1. Stair Climbing
2. The Airplane
3. Ball Catcher
4. The Frog
5. The Balance Bridge
6. The Soccer Kick
7. The Band Leader
8. The Lay Up
9. The Hamster Wheel
10. The Draw Bridge

Animal Friends

- Puppy Patting
- The Frog
- Up, Up and Away
- The Elastic Band
- The Flamingo
- The Grasshopper
- The Airplane
- Splish Splash
- The Hamster Wheel
- The Band Leader