

**February 26<sup>th</sup> Faculty Meeting Hand Out**  
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**Physical Education**

Why? To energize and engage both sides of the brain.

Your Butt tells your brain to shut down and rest every 17 minutes of sitting!

**Hand Shake** – focus on your fingers at the end

Volunteers –

**Switch, Change, Rotate** - <http://www.youtube.com/watch?v=Rx3bg8LU9FI&feature=youtu.be>

### **Individual Breaks**

1. Balance – One foot, hands up -
2. Music conductor – Cross the midline <http://www.youtube.com/watch?v=pCIRFB7Nxfk>
3. Crazy Eights – one arm, both arms -  
<http://www.youtube.com/watch?v=8UZxexogWjk&feature=share&list=PL5NloDLAhn-rDIOFoU5cwNmMkFkrLAotD>
4. Index finger and Thumb Switch - [http://www.youtube.com/watch?v=PGr\\_afq0B0A](http://www.youtube.com/watch?v=PGr_afq0B0A)
5. Nose & Ear switch - <http://www.youtube.com/watch?v=61JVHiXUeRo>
6. Body Drumming -
7. Finger Tips - <http://www.youtube.com/watch?v=yiQAVy7sz8I>
8. Elbow to Knee Stretch - <http://www.youtube.com/watch?v=KnAadpK0sYY>
9. T- Stretch - <http://www.youtube.com/watch?v=RKLGEXe0spM>
10. Arm Stretch - <http://www.youtube.com/watch?v=9QQ53FcCp74>
11. Figure eights - <http://www.youtube.com/watch?v=rSiOVsNj7fw>
12. Snoopy and Red Baron

### **Partner Breaks**

1. Double This, Double That
  - **Double, Double**
  - **This, This**
  - **Double, Double**
  - **That, That**
  - **Double This**
  - **Double That**
  - **Double, Double**
  - **This, That**
2. Hook Ups + Twisted (legs also) - <http://www.youtube.com/watch?v=YJzhS46dIOs&feature=youtu.be>
3. FIVE & TEN – facing partner hands up (Clock Positions)- <http://www.youtube.com/watch?v=XnOMMDIY9HY>
4. Slap Count - [http://www.youtube.com/watch?v=tl\\_ag3--t1A](http://www.youtube.com/watch?v=tl_ag3--t1A)
5. Biz-Buzz – 5's & 7's, multiples of 5's & 7's to 40 <http://www.youtube.com/watch?v=n2oY7ORL6zQ>
6. Foot – ROCK, PAPER, Scissors -
7. Rock, Paper Scissors MATH – 1-4 fingers only - <http://www.youtube.com/watch?v=ZfelkROe3i0>

### **Group Breaks**

1. Gotcha – Group & Parntner - <http://www.youtube.com/watch?v=k7vofx4OaJ0&feature=youtu.be>
2. Let it Rain – Forward and back - <http://www.youtube.com/watch?v=c-EMJeTDroo>
  - Soft circular hand rubbing
  - Vigorous hand rubbing
  - Finger snapping
  - Thigh tapping
  - Thunder jumps
3. Biz-Buzz – 5's & 7's, multiples of 5's & 7's to 40 - <http://www.youtube.com/watch?v=n2oY7ORL6zQ>