PHYSICAL ACTIVITY CARDS FOR ALL AGES

These simple physical activity cards are a great way to get kids, teens, and adults moving...no equipment necessary!

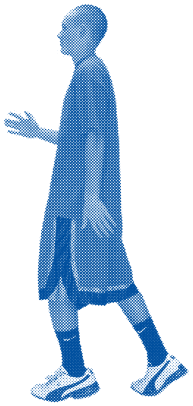
Try them out in the classroom, at your desk, and at home with your family.

To get started, print this document.
Cut along the gray dotted lines to
make easy-to-use physical activity cards.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS



Tippy
TOE WALK

Lift heels and walk on the balls and toes of your feet.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS

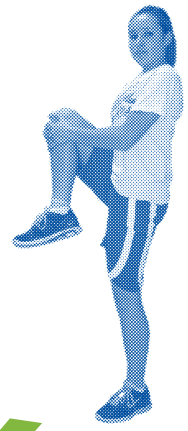
Heel
KICKS

Start with a light jog. Pull the heel of the lower leg up to and bounce off the buttock.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS



Knee
RAISE

Stand tall, lift one knee up towards the chest and hold. *Alternate knees.*

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS

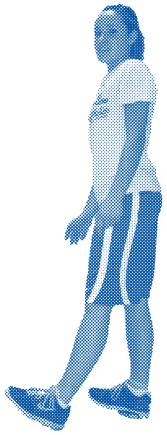
BASIC
Lunges

Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. *Repeat by alternating lunge with opposite leg.*

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS



Heel WALKS

Lift toes and balls of the feet and walk only on your heels.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS

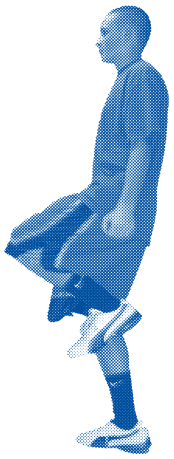
Quad STRETCH

Start in a normal standing position. Bend one knee and raise the foot towards the buttock. Slightly flex the standing leg so the knees are together (but not touching). Hold the front of the raised foot and pull the heel towards the buttock. *Alternate legs.*

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS



March IN PLACE

Lift knees high and exaggerate the arm swing.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS

Carioca

Stay on the balls of your feet with your hips in a low semi-squat position. Begin by twisting your hips and crossing one leg in front of the other, bring your trail leg through and cross your lead leg behind the trail leg. Your shoulders remain square. *Repeat with the opposite leg.*

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS

REVERSE Lunges

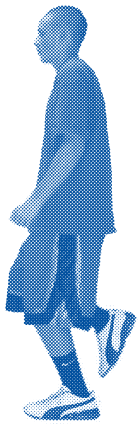
Facing forward, step one foot back about 18 to 24 inches. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and chest upright. Push back up with the back foot. *Return to the standing position and repeat with the opposite leg.*

PHYSICAL ACTIVITY BREAKS

Skip

Start on right foot: step, hop, lift up left knee and swing right arm. Left foot: step, hop, lift up right knee and swing left arm. *Repeat.*

PHYSICAL ACTIVITY BREAKS



HOP on one leg

Take off on one foot and land on the same foot multiple times. *Repeat.*

PHYSICAL ACTIVITY BREAKS

HAMSTRING Stretch

Stand with one leg just in front of the other. Bend the back knee and rest your weight on the back leg. Tilt the hips forwards as if sticking your bum in the air! *Hold for a count of 30.*

PHYSICAL ACTIVITY BREAKS

DEFENSIVE Stance

Arms up, elbows bent, knees bent, buttocks low.

PHYSICAL ACTIVITY BREAKS

Dribble IN PLACE

To dribble, push the ball down by spreading the fingers and flexing the wrist. Keep legs flexed and back straight.

PHYSICAL ACTIVITY BREAKS

Jump SHOT

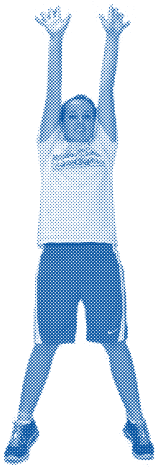
Pretend to hold the ball with one hand under the ball and the other on the side. Jump straight up. Release the ball before the top of your jump, forcing the ball up and forward with one hand. Follow through like you are reaching into a cookie jar on the top shelf. *Repeat.*

PHYSICAL ACTIVITY BREAKS

SPEED Dribble

Pretend to push the ball down by spreading the fingers and flexing the wrist in double time. Keep legs flexed and back straight.

PHYSICAL ACTIVITY BREAKS



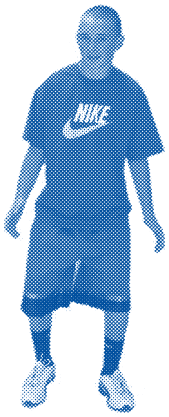
360 TURN AND Dunk

Jump up with hands overhead, spin in the air and slam the ball down through the hoop. *Repeat.*

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS



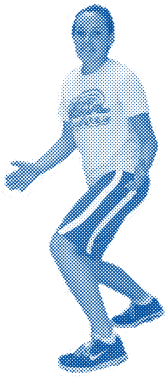
QUICK Feet

Start with feet shoulder-width apart and knees bent in defensive position. Pick up and put down feet as quickly as possible.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS



QUARTER Turns

While performing "quick feet," jump slightly and rotate both feet to the right, return to center. Quick feet, jump slightly and land with both feet rotated to the left.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS

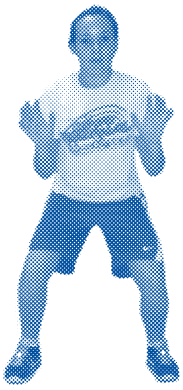
SIDE Slides

Start in defensive position. Step towards the left with the left foot; follow by bringing the right foot closer to the left foot. *Repeat.* Step towards the right with the right foot; follow by bringing the left foot closer to the right foot. *Repeat.*

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS



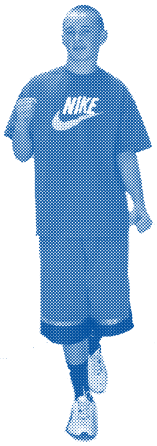
SQUAT Jumps

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. *Repeat.*

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS

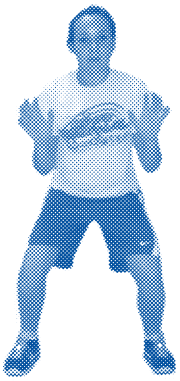


JOG IN PLACE

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS



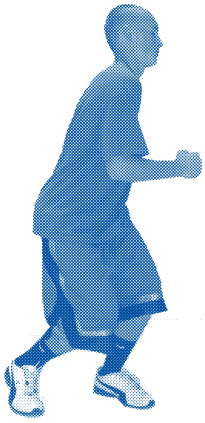
Squats

Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the knees behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position. *Repeat.*

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION

PHYSICAL ACTIVITY BREAKS



JUMP AND Twist

Jump up and rotate body. Land softly on the balls of the feet.

HealthierGeneration.org

ALLIANCE FOR A HEALTHIER GENERATION