

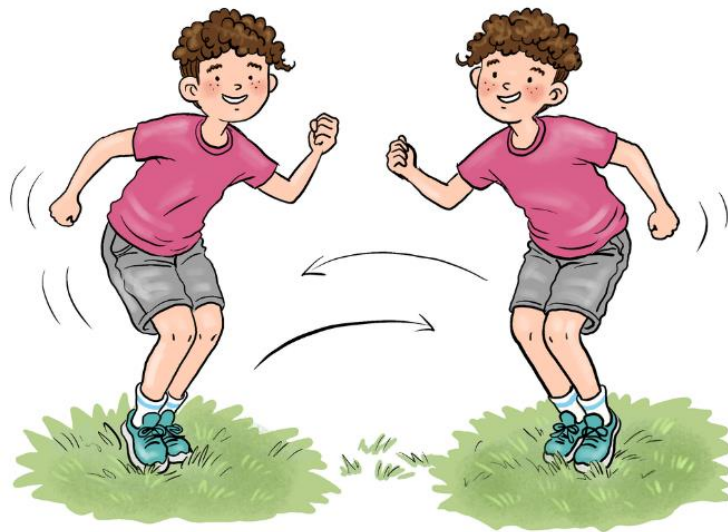


Stay fit! Participate!

Exercise break 1: Bouncing like a rubber ball

Rubber balls bounce a lot. Give it a try! How often can you jump and in how many different ways?

1. Jump from where you are standing.
2. Jump from side to side.
3. Jump from backward to forward.
4. Jump on one leg – sometimes on your left, sometimes on your right.
5. Turn around in a circle while jumping.
6. Jump on only one leg at a time and hold on to each other while you're doing that.



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Be careful when trying these exercises and stay concentrated so that you don't injure yourself.

Note: You are performing these exercises at your own risk



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Exercise break 2: Doing the duck walk and tiptoeing like a mouse

Can you move like animals do?

1. The duck walk
2. Jumping like a kangaroo
3. Tiptoeing like a mouse
4. Move in slow motion like a sloth
5. Jump like a frog
6. Run and hop like a pony



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Exercise break 3: Flying

Can you keep your balance like gymnast Sarah Voss?

Before take-off:

1. Balance on everything you can find: lines, tree trunks, walls, curbs, lawn edges, forwards, backwards.

Ready for take-off:

1. Prepare to fly. Stretch out your arms, lean forward, and raise one leg behind you.
2. Try flying in pairs. Hold each other's hands.
3. Fly in a circle together. Hold each other's hands or feet.



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Exercise break 4: Extending and stretching while moving everything

Can you do these different movements? Can you do several of them in a row?

1. Do several jumping jacks. Do that by raising your arms and spreading your feet apart, and then back again.
2. Make yourselves big. Reach up and stretch as high as you can, grabbing the clouds with your hands.
3. Go back and forth between walking on your tiptoes and your heels.
4. Walk sideways by crossing one leg over the other. Switch back and forth between starting from your right and from your left.



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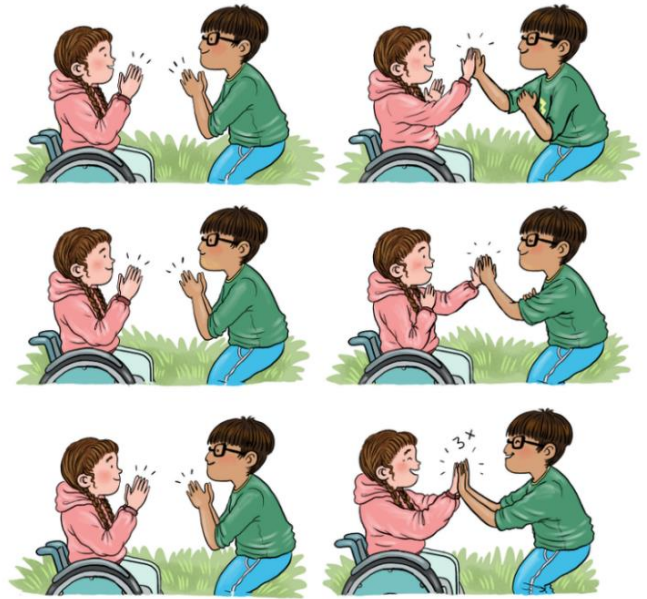
Exercise break 5: Crisscross

Can you do these exercises without getting confused? Start slowly, and then go faster and faster.

Clap in rhythm together.

Clapping sequence:

- 1 – Clap your own hands
- 2 – Clap your right palm on the right palm of the other person
- 3 – Clap your own hands
- 4 – Clap your left palm on the left palm of the other person
- 5 – Clap your own hands
- 6–8 – Clap both your palms on both palms of the other person (clap 3 times)



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Say this while clapping:

1	2	3	4	5	6	7	8
We	went	out	to	ex	plore	plore	plore
and	raced	a	long	the	shore	shore	shore.
We	saw	a	cro	co	dile	dile	dile,
who	came	from	the	blue	Nile	Nile	Nile.
He	could	not	stand	the	heat	heat	heat,
so	we	shared	a	cold	treat	treat	treat.

Can you think of any other things to say? I'm sure you already have some ideas. Have fun!

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Movement stop 6: Working your muscles

How strong are your legs?

1. Lean back against a wall or tree and bend your legs as if you were sitting on a chair. Stay in that position as long as you can.
2. Do several squats in a row.
3. Try doing exercises 1 and 2 back-to-back in pairs.
4. Can you do it by moving back-to-back together? Move sideways, forwards, and backwards in the squatting position.



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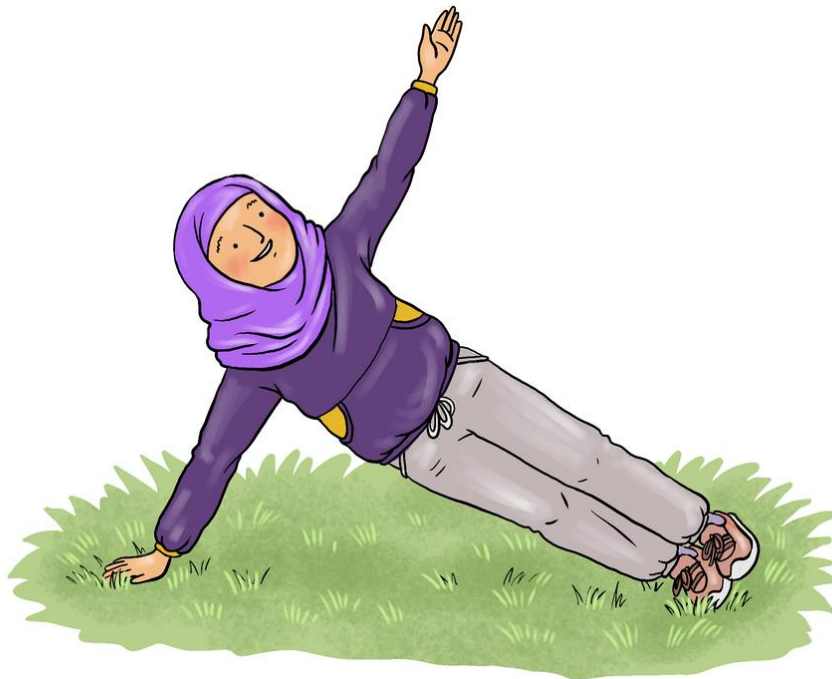


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Exercise break 7: Body tension

Tense all of your muscles. How many times can you do the exercises? How far can you push your wheelbarrow?

1. Assume the push-up position. Raise your right hand and tap your left shoulder, then tap your right shoulder with your left hand.
2. In the push-up position, alternately rotate one arm sideways then the other towards the sky like a propeller.
3. Move together like a wheelbarrow.



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Exercise break 8: Pretend you're a snake

Are you so flexible that can you bend like gymnast Sarah Voss?

1. Circle both arms first in the same direction, then in the opposite direction.
2. Place your feet shoulder-width apart. Alternate between touching your opposite foot tip with one hand, then the other. Keep your legs stretched out.
3. Place your feet shoulder-width apart. Try to reach your left thigh with your right hand behind your back. Who can reach further down to the back of their knee or even to their calf? Then try the exercise in reverse with your left hand.
4. Make yourself into a bench and then walk like a crab.



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Exercise break 9: Teamwork

Can you work in a team and trust each other?

1. Mirror image: Stand opposite each other and imitate your partner's movements.
2. Imitate: Follow your partner, who will always be trying new ways of moving. Imitate their movements.
3. The balanced circle: Form a circle with 2–5 people. Stand up straight with your feet a little apart. Hold hands with your team members. Can you slowly lean backwards like tree trunks without falling over? Maybe now you can stand even closer to each other and try again. Can you keep your balance?



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Exercise break 10: Try this with a partner!

1. Stand back-to-back with a partner who is about the same height. Now rub and roll against each other's backs.
2. Draw numbers, letters or symbols on another person's back with your finger. Your partner has to guess what you drew.
3. The trust contest: Hold one of your partner's hands. Lead your partner while your partner keeps their eyes closed. After a minute, switch roles.



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