



**Classroom activity breaks to improve student learning,
class environment and infuse fitness into daily lessons**

Fast Fitness Introduction:

Research shows that students who are physically active have higher test scores. FAB 5 Fast Fitness is a compilation of classroom activity breaks designed to increase cognitive performance, concentration and spatial memory.

Safety & Management: Ensure that the activity area is clear of all objects that may obstruct student movement. Establish clear rules and expectations such as listening, following directions, setting safe boundaries, moving with control and awareness.

Enjoy the FAB 5 Fast Fitness. Incorporate the activity breaks into daily lessons and watch your student behaviors and learning improve.

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To the Teacher:

Recent studies have demonstrated that higher fit students, or students with normal Body Mass Index (BMI) levels, score higher on achievement tests than those with at-risk or obese BMIs^{3,4}. Students with a healthy BMI generally engage in regular physical activity, proving a link between physical activity and a student's ability to be academically successful.

Today's students are more sedentary than their parents at the same age⁵. Current technology encourages students to look forward and creates a lack of eye fitness which results in reading problems⁶. There are eye tracking exercises included in this section to strengthen eye muscles necessary for reading.

Research has also shown a link between fundamental movement skills (crossing the midline) and the ability to become proficient at reading and writing⁶. The midline is the imaginary line that splits the body in half. There are crossing the midline exercises at the conclusion of this section that will help the right side of the body and the left side of the body work together in order to boost student reading and writing abilities.

Student Introduction:

B.C. is the founder and leader of the FAB 5. He discovered the importance of having a healthy **body composition** that balanced nutrition with exercise. He recruited four others to join him on his quest: Max, Maddy, Cardio Kid, and Flexy.

Body Composition is the relationship between fat mass (fat stored in the body) and fat-free mass (everything in the body that is not fat like bones, muscles and organs). Everybody needs a healthy level of fat because it is a source of energy which helps nerve conduction, absorption of vitamins and insulates the organs. If you want to improve your body composition, create a balance of energy in (eating nutritional foods) and energy out (60 minutes of daily activity).



Rowing Eights:

- Stand with your feet shoulder width apart
- With arms above your head, ball your hands into closed fists, thumbs together and palms down
- Shift your weight to your right side
- Plunge fists towards the right side of your body
- Lift arms up above your head
- Shift your weight to your left side
- Plunge fists towards the left side of your body
- Lift arms above your head and repeat, alternating sides, making a sideways figure eight with your arms



Student Introduction:

Cardio Kid is the youngest and most hyperactive member of the FAB 5. The first thing you notice about Cardio Kid is that he runs everywhere. Second, you notice how fast he talks. Cardio Kid can say many words in one breath because of his healthy lungs. His expertise in **cardiorespiratory endurance** made him an excellent member of the FAB 5 group.



Cardiorespiratory Endurance is the ability of the heart and lungs to supply oxygen to the muscles during long periods of physical activity. Muscles use oxygen to produce energy for movement. If you want to improve your cardiorespiratory endurance, run, skip or do an activity that increases your heart rate. As your heart gets stronger from activities that make it beat faster, you can run, jump and play longer without getting tired.

Rock, Paper, Scissors:

- Pair up with a partner
- Stand with your feet together
- Jump three times
- The following are the corresponding choices on the third jump
 - Rock= landing with your feet together
 - Paper= landing with your feet apart to the side
 - Scissors= landing with your feet apart, one forward one back
- A winner is chosen by the following
 - Rock smashes scissors, Paper covers rock, Scissors cuts paper
- Repeat the game



Student Introduction:

Max is the biggest kid in the FAB 5 group with his focus being **muscular strength**. He loves to lift weights and push his limits. With the combination of a healthy, protein-rich diet, and a vigorous workout routine, Max got the muscular body he wanted. B.C. got in touch with him and asked him to join the FAB 5 team. Max was so happy that he wasn't alone in wanting to help others that his decision to join the FAB 5 was a no brainer.



Muscular Strength is the ability of your muscle or muscles to push or pull with its total force. If you want to work on your strength, you should use enough resistance so that your muscles are challenged to complete eight repetitions. Increased muscular strength allows you to lift, push or pull with more force.

Standing V Push Up:

- Stand with your feet shoulder width apart
- Bend your upper body, placing your hands on the floor with your gluteals pointed upward (your body should be the shape of an upside down V and your weight supported by your hands and toes)
- Tighten your abdominals, bend your arms and lean forward until your nose is 1-2 inches from the floor
- Exhale while pushing up, inhale while leaning down
- Repeat up to 10 times

