

Move Your Mood Hallway Circuit

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Set up physical activity stations in an open common area and allow students the opportunity to use the stations at appropriate times throughout the day.

Why Do It?

Regular moderate physical activity helps to ease tension, improve quality of sleep, and increase self-esteem. Participate in these on-the-spot physical activity stations and feel your mood improve instantly!

How Do We Do It?

Create physical activity stations of on-the-spot moves that require minimal or no equipment.

Consider making stations that focus on one or all components of health-related well-being.

Take photos of students to display on the station card instructions. (Remember: You must have a student's consent before taking or sharing their image in any form.)

Stations may include but are not limited to the following:

- Jumping jacks
- Lunges

- Mountain climbers
- Plank
- Push-ups
- Squats
- Triceps dips

What Else Do We Need?

Physical activity station cards

How Do We Get Creative?

Make or provide video recordings of how to do each station activity.

Play music to inspire movement at the stations.

Post different workouts that students can perform using the given stations. Examples:

- Alternate performing each move for 45 seconds and resting for 15 seconds.
- Perform 5 rounds of all stations. In the first round, students perform 10 repetitions of each move. In round two, they perform 9 repetitions, in round 3 they perform 8 repetitions, and so on.
- Perform station activities with a partner. One person jogs on the spot for the length of time it takes the other person to complete 20 repetitions of the movement.