



## LESSON PLAN B

# Desk Exercises

**Time Frame:** Two 40-minute sessions

### Learning Objectives:

- Explore and learn how fitness activities can be done anywhere.
- Track daily physical activity through personal goal-setting.
- Discover ways to energize the mind and body.

### Overview:

Fitness doesn't only happen at the gym! You don't need a sports field or court either. These activities can be done in the classroom or during homework breaks in your living room, at the kitchen table or wherever you do your studying. In addition to adding to your 60-minutes-a-day goal, they are a great way to energize your body and mind.

### Part A. Everyday Desk Exercises

**Time Frame:** 20 minutes

Demonstrate a set of basic desk exercises that all can follow while sitting at their desks or tables or standing next to them. Make sure students keep a safe distance from furniture and from each other.

#### **Seated Stretches**

- Stretch your legs, one at a time, until they are perfectly straight with pointed toes. Hold for 10 seconds at a time, then slowly lower them back to the floor.
- Rest your heels on the floor and flex your toes straight up toward the ceiling. Hold for 10 seconds, then release and repeat.
- Lift both feet and do 5 ankle circles to the right, then 5 to the left.

#### **Leg-Lifts**

Stand sideways behind your chair. Hold the back of the chair with your left hand and slowly lift your left leg. Keep your knee bent straight ahead at a 90 degree angle. Now lower your leg until it almost hits the ground, but slowly raise it up again. Repeat for a total of 10 times and then switch to the other side.

#### **Forward Crawl**

Stand next to your desk and do forward arm circles for one minute. Follow with backward arm circles for 30 seconds.

Now do the opposite! Do backward arm circles for one minute. Follow with forward arm circles for 30 seconds.

**Teacher Resources:**

Check out the Tips and Additional Resources sections here for more creative ideas:

Brain Breaks, Instant Recess and Energizers (from Action for Healthy Kids)

<http://www.actionforhealthykids.org/game-on/find-challenges/classroom-challenges/1252-brain-breaks-instant-recess-and-energizers>

Also see these ideas for In-School Activity Breaks (from the American Heart Association) [https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm\\_455767.pdf](https://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf)

Health E-Tips: Movin' Minute – Seated Exercises

[http://www.healthetips.com/pdf/a\\_movin\\_minute\\_example\\_seated.pdf](http://www.healthetips.com/pdf/a_movin_minute_example_seated.pdf)

Meet the Challenge: Physical Activity for Children with Disabilities

<https://www.cdc.gov/bam/activity/challenge-disabilities.html>

**Family Connection:**

Teach some desk exercises to your family members!

**Community Connections:**

Visit a senior center and demonstrate your creative exercises while seated in a row. Teach some seniors how to do select exercises, along with their on-site physio therapist.

**Part B. Healthy Bodies, Healthy Minds!**

**Time Frame:** 20 minutes

**Part 1. Relax and Unwind****Shoulder Shrug**

Take a slow, deep breath in while shrugging your shoulders, lifting them high up to your ears. Hold 3 seconds and then release. Repeat three times.

**Yes and No**

Shake your head slowly from side to side and then up and down. Pretend you're saying No, No, No 6 times and then Yes, Yes, Yes 6 times. Repeat.

**Bear Hug**

Give yourself a great big hug and release the tension in your back while you're at it. Put your right hand on your left shoulder and your left hand on your right shoulder.

Now breathe in and out deeply, gently squeezing the area between your shoulder blades.

**Part 2. Brain Exercises: Get both hemispheres in shape!****Double Cross**

Grab your left ear with your right hand, keeping your right arm tucked close to your body. Now take your left hand and touch your nose. Uncross your arms and do the opposite, grabbing your right ear with your left hand and touch your nose with your right hand. Switch back and forth as fast as you can!

### **Cross Crawl**

Exercise the information flow between the right and left hemispheres of the brain with this simple activity. While slowly marching in place, touch each knee as you raise it with your opposite hand. Do this for one minute. As an extra challenge, continue for another minute, this time with your eyes closed.

### **Focus Pocus**

Standing straight, cross your right ankle over your left ankle. Now cross your right wrist over your left wrist and align your fingers, keeping your right wrist on top. Extend your elbows outward and turn your fingers in and rest them in the center of your chest. Stay in this position, breathe deeply and focus for one minute.

### **Lazy Eights**

Draw a sideways figure eight (an “infinity sign”) over and over again on a horizontal piece of paper, on a blank desk or straight ahead of you in the air. This causes your hand to repeatedly cross the midline of your body, increasing the energy flow and coordination between the right and left sides of the brain.

### **Double Handed**

Mix things up and increase coordination by using your non-dominant hand for writing or drawing. Fold a piece of paper in half and write with one hand on one side, followed by the other hand on the other side. Then “double doodle”: Draw shapes like circles, squares or triangles with both hands at the same time!

## **Part C. Zen at Your Desk**

**Time Frame:** 40 minutes

### **Materials for Activity:**

- Computer with Internet access (for teacher reference)
- Projector (optional)

Many basic yoga poses can be done at or beside your desk. Yoga breathing, good posture and simple stretches can alleviate stress and help you focus.

Use these yoga teaching videos from PBS Learning to teach different poses to children in grades 2–6.

[Group Yoga Poses](#) | PBS Learning

This video captures children and their yoga instructor working as a group to complete various yoga poses. Together, they use their whole bodies to stretch, breathe and improve posture with moves that involve using the people next to them.

[Breathing and Stretching](#) | PBS Learning

Learn about different breathing and stretching techniques. Following along with their instructor, children take ocean breaths and move their arms in various motions to follow along with their breath in order to calm and center themselves.

[Yoga Builds Confidence: Teaching Videos](#) | PBS Learning

In this video, children build their self-confidence through a series of poses within Tadasana or mountain pose. Following along with their instructor, children use their body strength to bend stretch and pivot while maintaining good posture.

- Inhale through the nose, and exhale through the nose.

- Stand and lift your toes high off the floor and spread them really wide and push them.
- Pretend your toes are the roots of a tree and they're really grounding into the earth.
- Send your left foot back, about 2 feet, so both your feet are facing forward.
- We're going to call this pyramid.
- Open up your arms to the side take up as much space as you can.
- Exhale and send your arms behind your back and try to clasp your elbows.
- Now stand up tall and inhale.

### **Focused Breathing**

- Focused breathing forces you to slow down for a bit and pay attention to each breath. It helps you calm down before a test and relax when you're feeling tense or worried. It is also a good way to warm up before doing yoga.

### **Belly Breathing**

- Take a deep breath. Now take another deep breath but stay as still as possible and do not move your shoulders. Breathe very slowly through your nose and put your hands on your stomach. Your stomach should be the only thing you feel moving. Pay close attention while you breathe and feel your hands going up and down with each breath.

### **Balanced Breathing**

- Now do Belly Breathing but count to develop an even rhythm. Breathe in for 3 seconds, then breathe out for 3. Then repeat for 4 seconds, then repeat for 5 seconds. How does it make you feel?

### **Stork Stand**

Stand next to your desk. Place your hands on your hips, then stand on one leg and position your other foot against the inside knee of your standing leg. Take a deep breath and see how long you can balance. Now switch legs. After a few successful stands, try it with eyes closed!

### **Resources:**

[Teaching Yoga in the Classroom](#) | Action for Healthy Kids

[Tips for Doing Yoga with Children with Disabilities](#) | PBS Learning

### **Standards Alignment | Students will:**

#### **National Health Education Standards**

Standard 6. Demonstrate the ability to use goal-setting skills to enhance health.

Standard 7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

#### **SHAPE America**

Standard 1. Demonstrate competency in a variety of motor skills and movement patterns.

Standard 3. Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. Exhibit responsible personal and social behavior that respects self and others.

Standard 5. Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

#### **Common Core Standards**

#### **English Language Arts Standards > Speaking & Listening**

**Comprehension and Collaboration:**

CCSS.ELA-LITERACY.SL.4.1 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others' ideas and expressing their own clearly.

CCSS.ELA-LITERACY.SL.4.1.C - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

CCSS.ELA-LITERACY.SL.4.3 - Identify the reasons and evidence a speaker provides to support particular points.