



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.

Materials for Lesson Plan:

- Books: *I Am Yoga* and/or *Good Morning, Yoga*
- Computer with Internet access

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.

Back Crawl

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

Teacher Resources:

[Brain Breaks, Instant Recess and Energizers](#) | Action for Healthy Kids

[In-School Activity Breaks](#) | American Heart Association

[Health E-Tips: Movin' Minute – Seated Exercises](#)

[Meet the Challenge: Physical Activity for Children with Disabilities](#) | CDC

Family Connection:

Teach some desk exercises to your family members!

Community Connection:

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 breathe 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.

Part C. Zen at Your Desk

Time Frame: 40 minutes

Materials for Activity:

- Books: *I Am Yoga* and/or *Good Morning, Yoga*
- Computer with Internet access

Many basic yoga poses can be done beside students’ desks or in small group areas in the classroom. Practicing yoga breathing, good posture and simple stretches can help children and adults of all ages alleviate stress and focus their minds. Yoga promotes physical as well as mental and emotional wellness. Yoga is a skill for life!

Teacher Preparation:

Watch an instructional yoga video designed for teaching elementary age students:

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

[Tree Pose \(Kindergarten\)](#) | PBS Learning

[Tree Pose \(K-2\)](#) | PBS Learning

Part 1. Read a Yoga Book

Begin by reading a book on yoga for early elementary students. Lead your students through a handful of simple poses after reading through them aloud. There are several good book choices, including:

[I Am Yoga](#) by Susan Verde (Grade Level: K-2)

Includes illustrations and instructions for:

The Mountain Pose, Tree Pose, Bow/Basket Pose, Airplane Pose, Star Pose, Half Moon Pose, Boat Pose, Camel Pose, Flower Pose, Child’s Pose, Relaxation Pose and Warrior Poses

[Good Morning, Yoga: A Pose-by-Pose Wakeup Story](#) by Mariam Gates (Grade Level: K-2)

Features breathing and visualization exercises, along with “The Good Morning Yoga Flow” with Sun Breath, Downward Dog, Balancing Table, Mountain and Bridge poses.

Part 2. Focus on 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?

Part 3. Focus on Balance

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!

Sidewalk Balance Games

Think of ways to include balance activities into free play time. Walk balance-beam style on a curb, putting one foot carefully in front of the other, heel to toe. Or play "don't step on the cracks" when walking on a sidewalk.

Teacher Resources:

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

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

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 > Speaking & Listening

Comprehension and Collaboration:

CCSS.ELA-LITERACY.SL.1.1 – Participate in collaborative conversations with diverse partners about grade appropriate topics and texts with peers and adults in small and larger groups.

CCSS.ELA-LITERACY.SL.1.1.A – Follow agreed-upon rules for discussions (e.g., listening to others with care, speaking one at a time about the topics and texts under discussion).