



Classroom Activity Break Exercises

BOOK 9

Instant Recess® Soccer Dance Instructions

Instant Recess® is a 10-minute bout of activity in the form of low-impact dance movements. Developed over 15 years ago by Dr. Toni Yancey, Instant Recess® was designed to be fun, accessible for people of all fitness levels, and easily incorporated into school, work and community life.

Instant Recess® Soccer Dance Instructions

Exercise 1: March in Place

Exercise 2: Jog in Place

Exercise 3: The Kick

1. Stand shoulder-width apart.
2. Step forward with your right foot and kick across your body with left heel.
3. Now step forward with your left foot and kick across your body with right heel.
4. REPEAT!



Go back to jogging in place.

Exercise 4: The Juggle

1. Stand with feet shoulder-width apart.
2. Lift your right knee, pulling it across your body while keeping the leg you're standing on slightly bent.
3. Put your knee back down and plant both feet on the ground.
4. Lift your left knee, pulling it across your body while keeping the leg you're standing on slightly bent.
5. REPEAT!



Exercise 5: Combine "The Kick" with "The Juggle"

1. Do "The Kick" once to the right and once to the left.
2. Then do "The Juggle" once to the right and once to the left.
3. REPEAT!

Jog in place.

Exercise 6: The Low Goalie Save

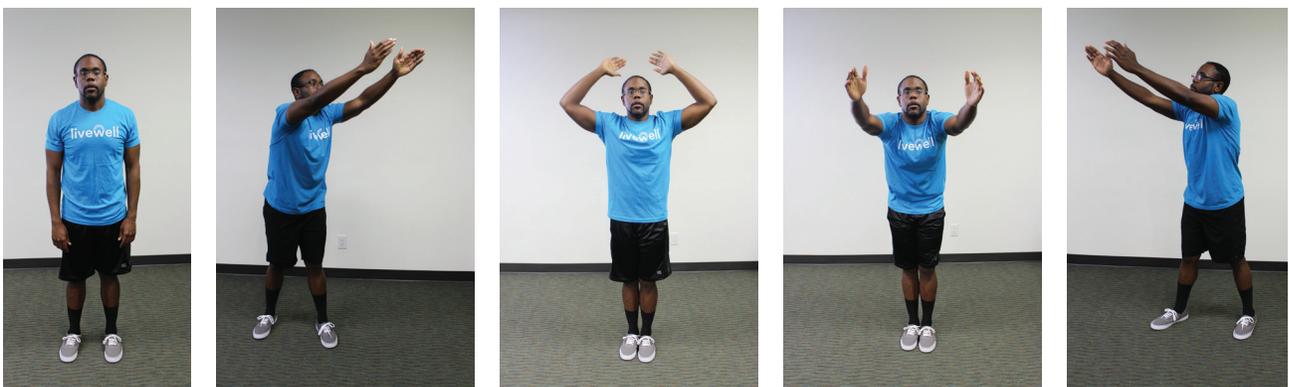
1. Start with your feet shoulder-width apart.
2. Bend your knees into a low squat while bending at the waist and pushing your bottom out. As you squat down, reach with both hands to one side of your body.
3. Stand up and go back to the starting position.
4. REPEAT, alternating your hands!



Jog in place.

Exercise 7: The Throw-In

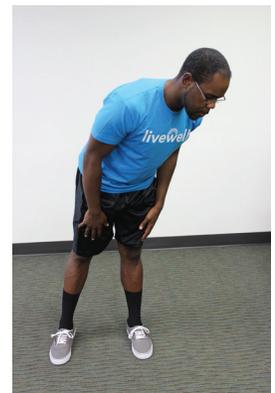
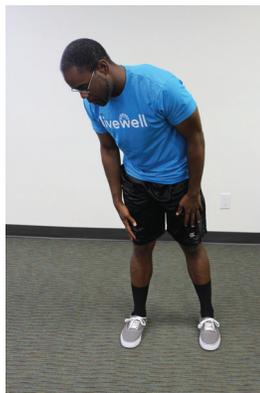
1. Start with both feet together.
2. Put your hands behind your head then throw both of your arms forward as if you're throwing a ball.
3. Bring your arms back behind your head.
4. This time, as you throw your arms forward, turn your body to the right.
5. Bring your hands back behind your head.
6. Throw your arms forward, turning your body back to the middle.
7. Bring your hands back behind your head.
8. Throw your arms forward, turning your body to the left.
9. Bring your hands back behind your head.
10. REPEAT this cycle: right, middle, left, middle.



Jog in place.

Exercise 8: The Header

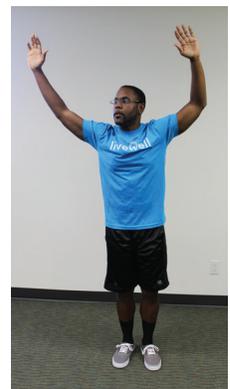
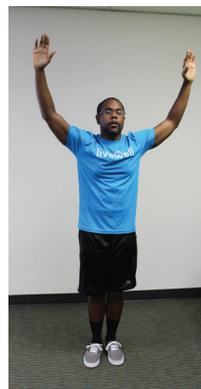
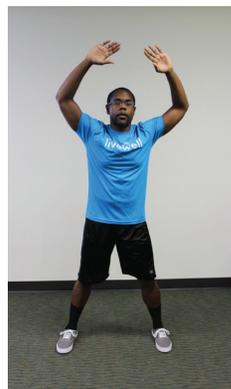
1. Start with your feet shoulder-width apart.
2. Bend your knees while sticking your bottom out (low squat).
3. As you come up from the squat, pretend you're hitting a ball with your head and lean your head forward.
4. When you come up from the next squat, lean your head to the right.
5. Squat, lean your head forward.
6. Squat, lean your head to the left.
7. REPEAT the cycle.



Jog in place.

Exercise 10: Distract the Kicker

1. Start with feet shoulder-width apart.
2. Step to the right, then step together and repeat two times to the right.
3. Step to the left, step together and repeat two times to the left.
4. As you're stepping to the side, wave your arms up over your head and then back down, as if you're doing a jumping jack.
5. REPEAT!



Jog in place.

Exercise 11: The High Goalie Save

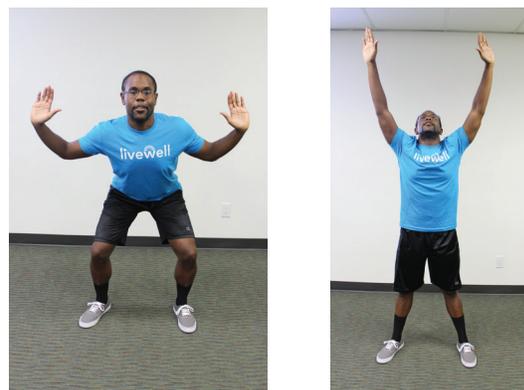
1. Start with feet shoulder-width apart.
2. Do a low squat by bending at the knees, hips and sticking your bottom out.
3. As you squat, reach your arms up and over your head to the right as if you are saving a goal from being scored!
4. On the next squat, reach your arms up and over your head to the left
5. REPEAT!



Jog in place.

Exercise 12: The Wave

1. Start with feet shoulder-width apart.
2. Do a low squat by bending at the knees, hips and sticking your bottom out.
3. As you squat, reach your arms straight up and over your head.
4. REPEAT this for each squat!



Finish by jogging in place.