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How It Works

- Print and cut out football themed brain breaks.
- Laminate
- Put on a ring or bulletin board or in a box!
- Think football while performing the moves!
- Use throughout the day for much needed movement to keep the kids focused!

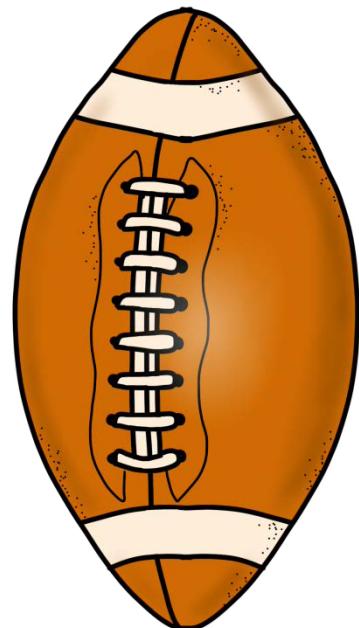




Warm Up
Side Step
Around The
Room



Warm Up
Cross Over
Step Around
The Room
(Right Over
Left)



Warm Up
Cross Over
Step Around
The Room (Left
Over Right)



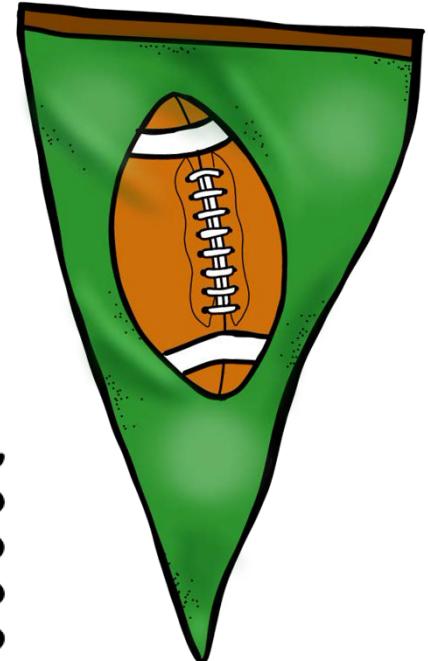
Warm Up
High Marches
Around The
Room



Warm Up
Walk Backward
Around The
Room



Warm Up
Walk On Your
Tip Toes Around
The Room



Warm Up
Walk On Your
Heels Around
The Room



Warm Up
Giant
Steps
Around
The Room

Game Ready

Jump As Fast
As You Can
For 20
Seconds



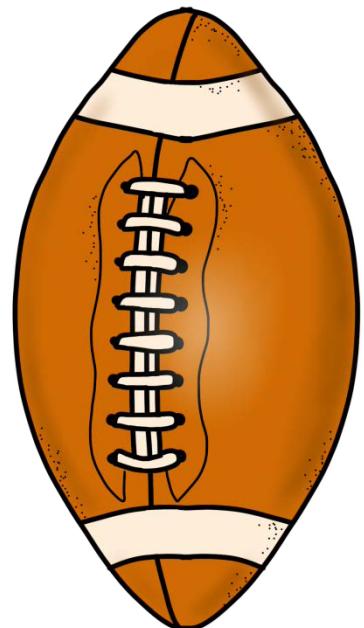
Game Ready

Jump Side to
Side for 20
Seconds



Game Ready

Jump Forward
and Backward
for 20 Seconds



Game Ready

Hop Across
The Room

Game Ready

Side To Side

Cuts

x20 Seconds

(Step to right tap with left,
step to left, tap with right)



Game Ready

Arm Circles

x30

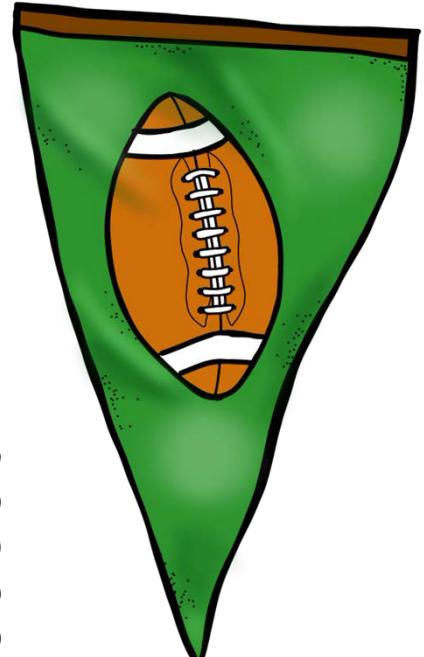


Game Ready

Knee Hugs For

15 Seconds

(March your knee up to
your body and hug it,
repeat on opposite side.)



Game Ready

Touch the
Floor and

Jump To The
Sky x20





Weight Room

Toe Raises

x20

(Keep heels on ground
lift toes up and down.)

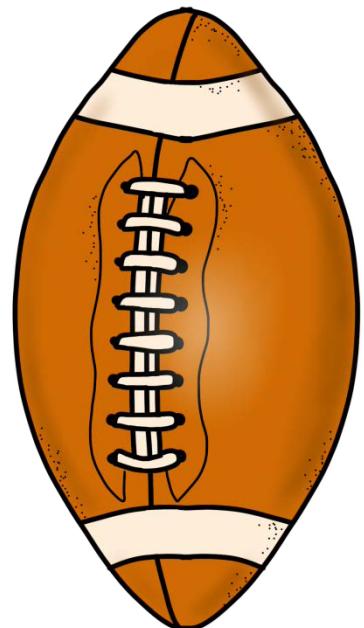


Weight Room

Heel Raises

x20

(Keep toes on ground lift
heels up and down)



Weight Room

Squats x15



Weight Room

Lunges x15



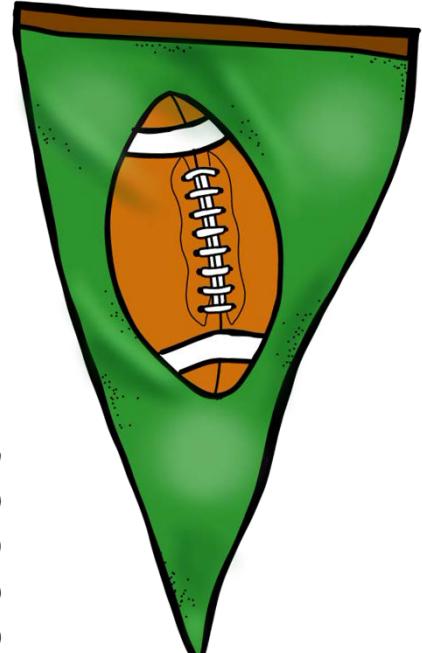
Weight
Room

Wall Push-Ups
x15



Weight
Room

Sit-Ups x15



Weight
Room

Jumping
Jacks
x20



Weight
Room

Bridges x20

(Lay on your back with
your knees bent up, lift
your bottom off the
ground hold and repeat)



Game Planning

Jump, Twist,
Clap, Repeat

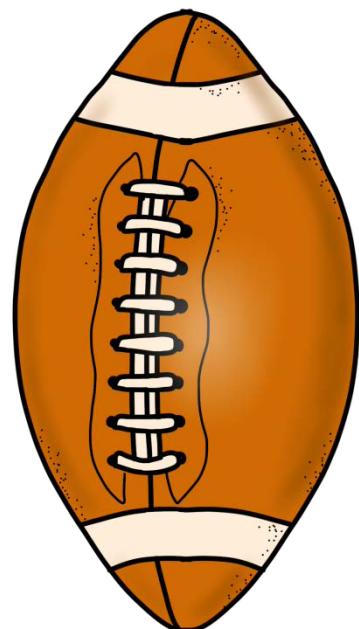
x5



Game Planning

Spin, Stomp,
Jump, Repeat

x5



Game Planning

Squat, Clap,
Spin, Repeat

x5



Game Planning

Jump, Squat,
Stomp, Repeat

x5



Game Planning

Spin, Stomp,
Snap, Repeat

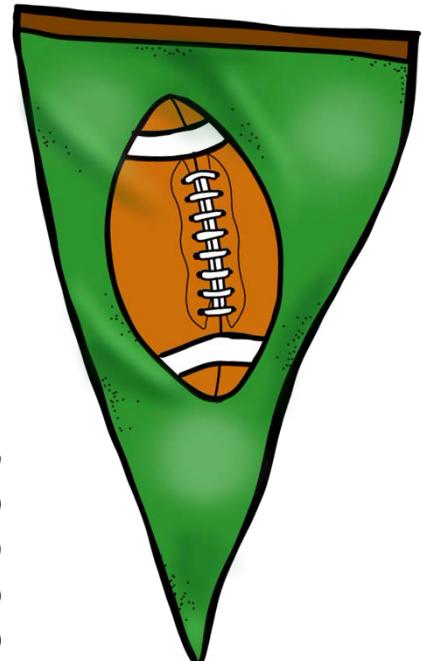
x5



Game Planning

Clap, Snap,
Twist, Repeat

x5



Game Planning

March, Jump,
Spin, Repeat

x5



Game Planning

Squat, March,
Spin, Repeat

x5

Balance Drills



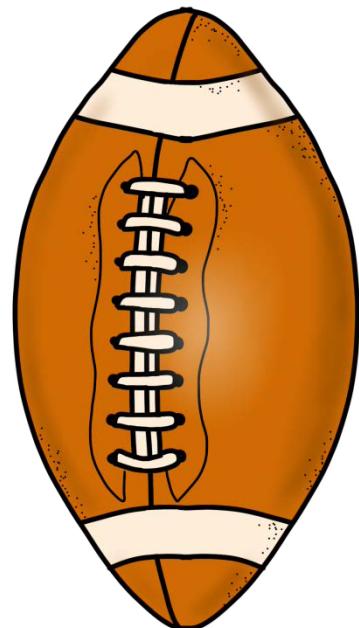
Heel To Toe
Standing x20
Seconds
(Right Leg Lead)

Balance Drills



Heel To Toe
Standing x20
Seconds
(Left Leg Lead)

Balance Drills



One Leg Hop
Front To Back
x15

Balance Drills



One Leg Hop
Side To Side
x15



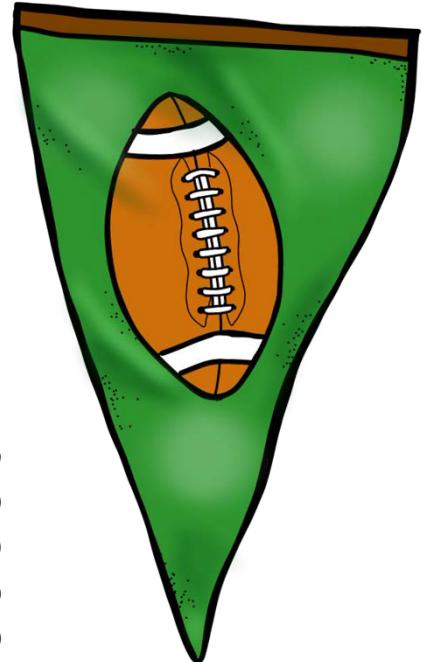
Balance Drills

Right Leg
Standing x20
Seconds



Balance Drills

Left Leg
Standing x20
Seconds



Balance Drills

Right Leg
Hopping x15
Seconds



Balance Drills

Left Leg
Hopping x15
Seconds



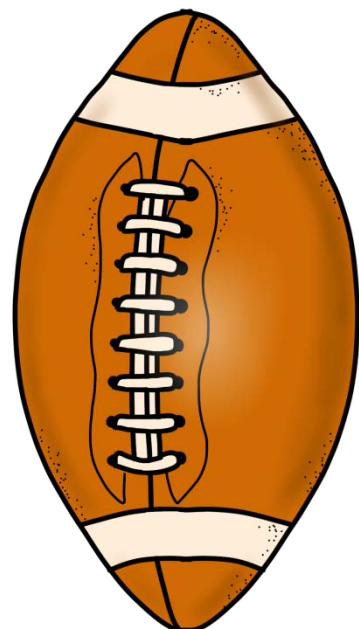
Victory Celebration

Walk Around
The Room
With Arms
Overhead



Victory Celebration

Victory Dance
x20 Seconds



Victory Celebration

20 Second
Body Wiggle



Victory Celebration

Clap Starting
At The Ground
Up To The Sky
x15

Cool Down

Touch The
Floor and Hold
For 15
Seconds



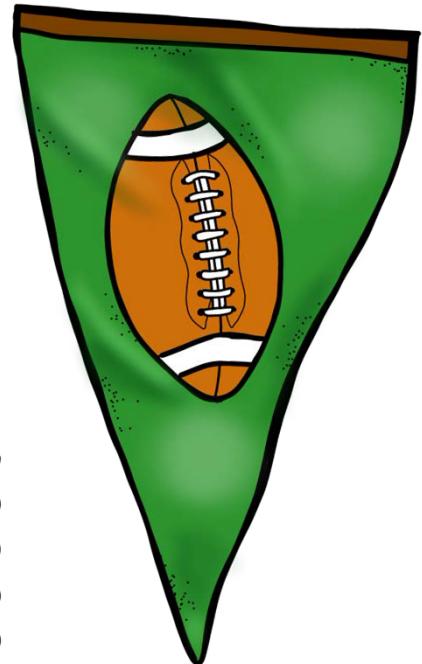
Cool Down

Hands On
Stomach,
Breathe In
and Out For
30 Seconds



Cool Down

Twist Side To
Side x30



Cool Down

Shoulder
Blade
Squeezes
x20



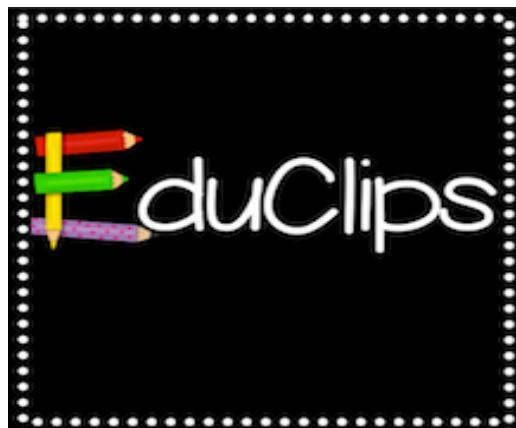


Football

Brain Breaks

Pink Oatmeal

Credits



[Kevin and Amanda](#)

