

# Terms & Conditions

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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!





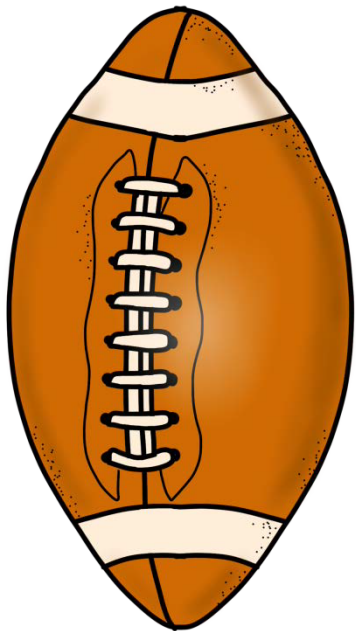
Warm Up

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

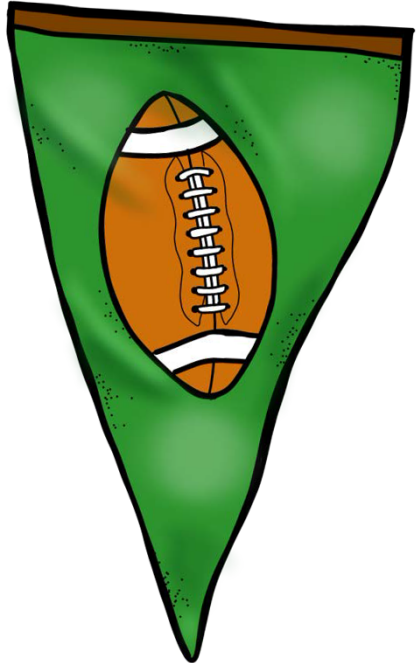
High Marches  
Around The  
Room



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



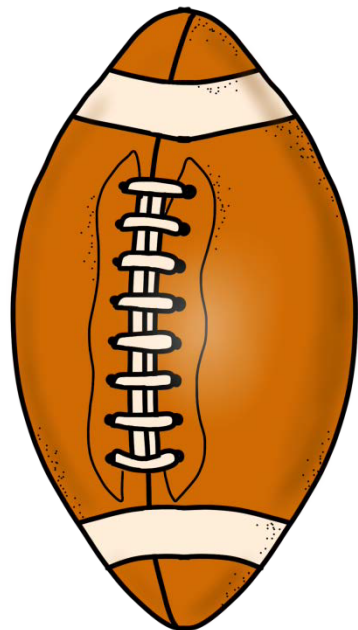
Game  
Ready

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

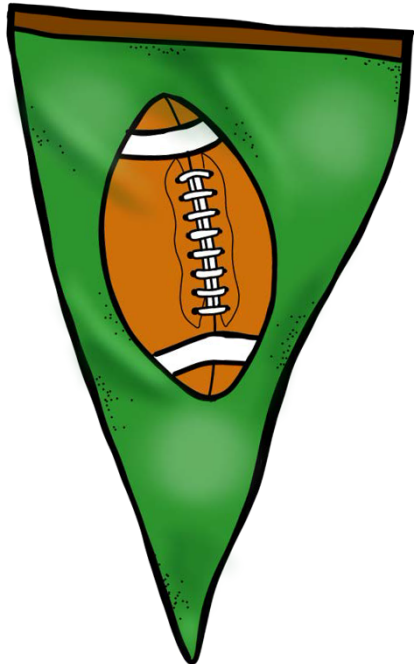
(Step to right tap with left,  
step to left, tap with right)



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.)

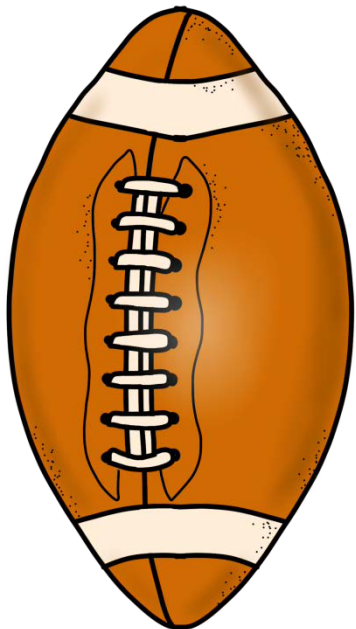


## Weight Room

Heel Raises

x20

(Keep toes on ground lift  
heels up and down)



## Weight Room

Squats x15



## Weight Room

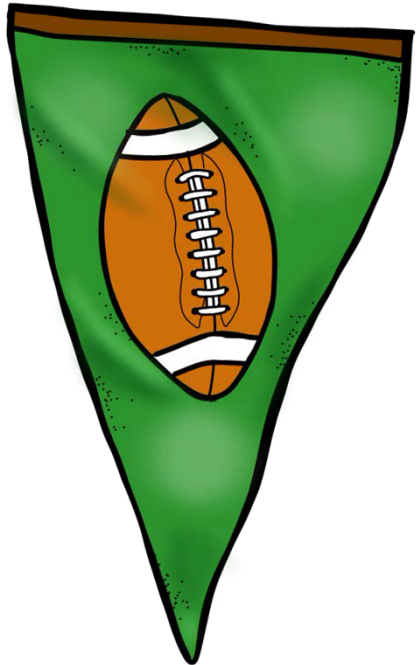
Lunges x15



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)





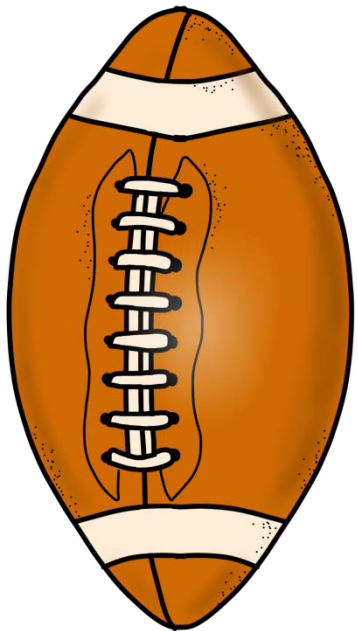
Game  
Planning

Jump, Twist,  
Clap, Repeat  
x5



Game  
Planning

Spin, Stomp,  
Jump, Repeat  
x5



Game  
Planning

Squat, Clap,  
Spin, Repeat  
x5



Game  
Planning

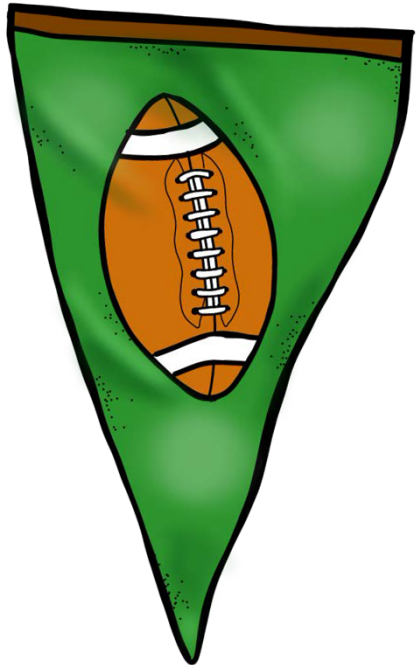
Jump, Squat,  
Stomp, Repeat  
x5



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



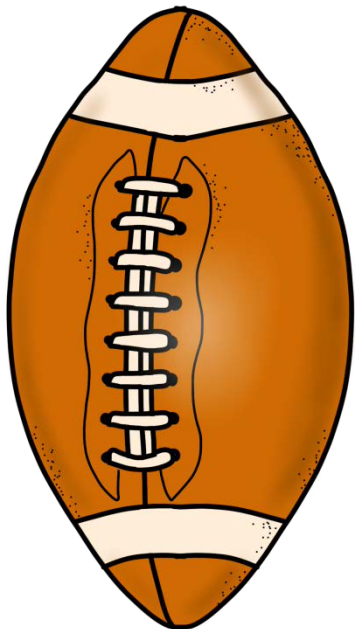
Balance  
Drills

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



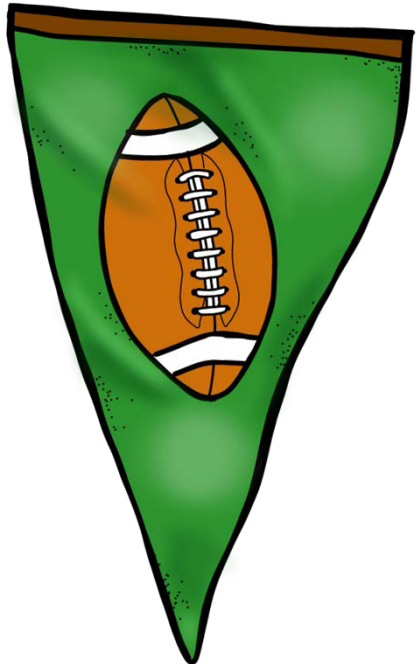
Balance  
Drills

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





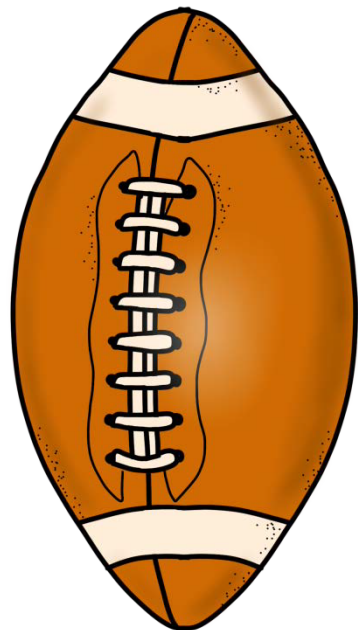
Victory  
Celebration

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



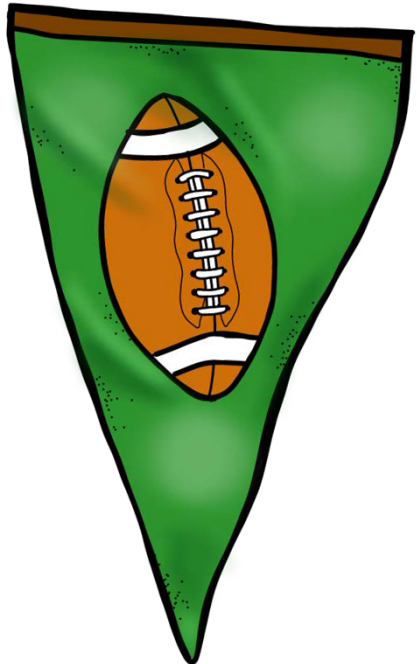
## Cool Down

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](http://kevinandamanda.com/fonts)

