

Mrs Dorrian's Brain Breaks

Just for Fun!

Cereal Box Limbo

Can you pick up a cereal box with your teeth (no hands) without falling or placing your knees on the ground? Cut the box down to make it lower and lower. How low can you go?

Get Active!

Street Sprint

Sprint as fast as you can from one telegraph pole to the next telegraph pole. If you have a partner, get them to time you to see how fast each sprint is. Walk back and then repeat **10** times.

Dance Party

Flash Dance

Learn the new moves to the SPS Flash Dance to 'Power'. We will be learning a few moves each week so when we all come back to school, we can have a dance party!

<https://www.youtube.com/embed/4ZbZ5jKCrlc>

Fitness Challenge

Burpee Blast!

How many burpees can you do in 1 minute. Have someone time you and count how many burpees you can do. Do this challenge each day and see if you can improve your score.

Learn Something New

Spit Card Game

Learn how to play a new card game called 'Spit'. This is a great game because it only involves 2 players.

Try these links to help you:

<https://www.youtube.com/embed/yv7k6XYzgSo>

<https://bicyclecards.com/how-to-play/spit/>

