

Examples of the sequence of exercise breaks

Example 1

1. The children jump like a **jumping jack** (possibly with music).
2. The children make **crossover movements** (their right elbow touches their left knee, their left elbow touches their right knee, ...)
3. **Standing on tiptoe** (Make yourself as big as a giant, then really small like a dwarf! Alternate: Big, small, big, small, ...)
4. **Mirror image** (Stand opposite your partner. Can you imitate all the movements of your opposite number like a mirror image? Change round!)
5. **Relaxation** (Lay your head on the desk and listen to the music.)

Example 2

1. **Hopping** (Place a book on the floor and hop over it back and forth!)
2. **Climbing stairs** (Imagine that you want to climb stairs. Draw up your knee at the same time as well.)
3. **Standing on tiptoe** (Now stand on tiptoe and try to reach for the stars!)
4. **Clapping** (Sit down on your chair. Clap your hands above your head, then below your right knee, then over your head again, your left leg, ...)
5. **Marionette** (Let your upper body fall forwards. You are a marionette and are on a string on the top of your head. Let go of the string and you will collapse again.)
6. **Relaxation** (Now lay your head on the desk close your eyes and let the child next to you write a number on your back. Can you make it out? Change round.)

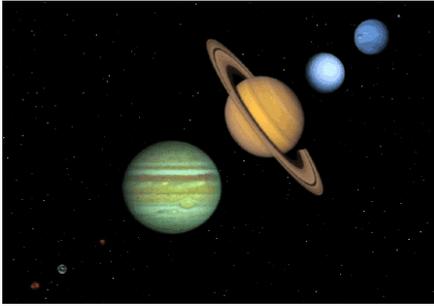
Example 3

1. **Shadow boxing** (Can you box without touching anyone?)
2. **Hip shaking** (Can you shake your hips to the right and left back and forth?)
3. **Belly dancing** (Walk around the room to the music. Try to rotate your tummy when the "music stops")
4. **Back to back** (Walk around the room to the music. When the "music stops" stand back to back with another child! Touch heads, shoulders, bottom! Now crouch down together. You are an elevator. It goes up and comes back down again.)
5. **Relaxation** (Now tiptoe across the room as quietly as possible, don't touch anything or anyone, go back to your chair. Can you now draw a large figure of eight in the air in front of you? Start from the top left!)



6. **Shaking massage** (One child is seated while the other takes hold of his arm at the wrist and shakes it gently).

Example 4



“Flight into outer space”

All the children stand and say together ... bang bang, bang, we're flying into outer space. The countdown 's started (crouch down and count backwards from 10 to 0 and fly off, i.e. the children mimic flight movements).

Landings take place at different planets, e.g. the hopping planet (all the children hop), the slow motion planet (the children do all the movements in slow motion), the mirror planet (each child imitates all the movements of the child next to him), the planet of the apes (imitate apes), the planet of the giants (the children make themselves big), the planet of the dwarves (make themselves very small), the quiet planet (we move very quietly on the spot), the sleeping planet (the children sit down on their chairs, lay their heads on their desks and go to sleep).

Example 5

“Horse racing”

The children are seated. The group imitates the sounds and atmosphere at a horserace. It starts with all the children slapping their thigh and saying, “trot, trot, trot ... Keep up this movement and the mumbling throughout the game. The teacher indicates what the children are to do by calling out and demonstrating the actions:

- “Right turn” ... everyone turns to the right;
- “Left turn” ... everyone turns to the left;
- “Oxer” ... , jumping movement is imitated with raised arms and standing up briefly;
- “Doubt oxer” ... everyone imitates the same jumping movement twice;
- “Grandstand” ... everyone cheers;
- “The horses jostle” ... everyone boos;
- “Water jump” ... everyone blubbers with their fingers on their lips.

The horses are taken to the stable and are very tired (the children lay their heads on their desks). More noises and movements can be added to the game (“Portmann horse racing”)



Examples of an exercise lesson for boys

Warming up

Catching game “Fishing net”

1 catcher (= fisherman), all the other players are fishing net meshes.



The fisherman is making a net. Each player caught forms a new mesh for his net. Hand in hand, they chase after more children. As soon as a net consists of four children, they divide into two halves and both now try to catch two other children (meshes) separately and then divide again, ... etc.

Important rule: only the child, who has a free hand, has the right to catch another child.

or

Simple catching game

There are 2 to 3 catchers, when someone is caught they stand still and stretch out an arm. The other children can release the prisoner by clapping.

Variation: The child who is caught remains standing with his legs straddled, when another boy crawls through them he is free again.

or

“Atom game”

Three boys hold hands and form a circular atom. The fourth boy decides which of the boys he wants to catch. The “atom” can move around the room. The boy to be caught is protected through rapid rotations and running away. Will the catcher manage to touch the boy?

Other **movement games**:

“Magic glue” (breaking down fears of physical contact)

The boys form pairs. One boy now covers the other boy’s back with magic glue. They then stand back to back. They are now stuck together and are unable to break away from each other. They move across the room to the music without speaking. Only the game leader is able to release them from each other.

“Fighting cockerels” (game that requires strength)

Something is happening in the chicken run today. The proud cockerels are pitting their strength against each other. Two children are standing on one leg opposite each other with folded arms. They crow loudly at first, like fighting cockerels. As the opponent does not budge, they try to drive the other one from the territory through squeezing, pushing and nudging. The aim is to knock the other off balance.

Variation: Both cockerels fight one another in a squatting position.

“The fortress game” (game that requires strength and courage)

The boys stand close together and form a circle (the fortress). Their arms are linked. One boy tries to get into the circle from the outside (he wishes to conquer the fortress). The teacher has discussed with all the boys beforehand that violence and aggression (kicking, pinching) are not allowed. Will the boy succeed in conquering the fortress?

The rules must be followed to the letter in this case, the game leader can call a halt if a boy's efforts are fruitless (this fortress cannot be conquered!).

Variation: One boy tries to invade the fortress, another to escape.

"Pulling carrots" (game that requires strength)

The boys sit close together in a circle, link or grasp arms and legs (they are the carrots in the garden). 1 to 3 boys (farmers) now try to pull the carrots out of the ground from the outside. The pulled carrots become the new farmers.

"Runner" (game that requires courage and trust)

The boys form a line-out (approx. 5 m apart). One boy stands at the end of the line, closes his eyes and runs through it. The other players guide the runner by humming. If the runner begins running off course the other players gently guide him in the right direction. When the runner reaches the penultimate couple, they cry "stop".

"Breaking through the wall" (game of courage)

Three boys get together. Two hold a newspaper, the third throws himself at it with loud cries and breaks through the wall. Change round! Provide sufficient newspapers.

"On the island of petrified monsters" (game of courage)

A few boys are petrified monsters. They stand apart from the others and think up frightening faces to pull, threatening movements and screams. They then scatter around the room like petrified statues.

The other boys come along now. They are on a mysterious island with strange statues. It is actually forbidden to touch them... but if a petrified monster is touched, it comes to life. It is not much longer before terrible screaming and wailing is heard, the monsters also move jerkily and clumsily across the room. A few children who are on a lighthouse (platform, chair) can call a halt to the strange happenings though. If calls for "quiet" or "stop" come from this direction, the monsters turn to stone again.

"Statue" (physical experience)

All the boys run around the room, they all stand still when a signal (gong, whistle) is given. Two boys who are standing the closest to each other, when the signal is heard, pair off. One boy is the building material, the other boy creates a statue with it, i.e. he moves, turns, bends the boy's arms, legs and body. When they have all finished they start running again.

"Sculptor" (physical experience)

The boys pair off. One closes his eyes, the other makes a statue. At a signal from the "statue" the boy feels the statue and tries to copy it with his eyes shut. When he has finished, he opens his eyes and compares his creation with the original. After a short discussion the roles are reversed.

"Ambulance service"

5 boys form a group. Four of them are to take a patient to hospital (on a mat). They go on all fours, close together. The patient lies on the backs of the boys who are crawling along the floor. They can experiment first of all to ascertain the safest way of transporting the patient. They need to find a coordinated "crawling rhythm" to do this. Can we transport other objects in this manner?

Final game:

"Car wash" (group massage)

The boys stand in two rows quite close to each other (car wash). One boy is now a "car". He may decide beforehand the model of car he is (small = stooping walk, large = upright walk) and the kind of car wash he wants. (Economy cycle = gentle contact, medium cycle = normal contact, soiled cycle = firmer contact). Once these points have been clarified, the "car drives into the car wash". The others now start hosing down, soaping, scrubbing, polishing and drying the car. When the cleaning is finished, the boy says whether he liked it and if he has any other comments. Then it's the turn of the next "car".

or

"Bravo"

It is very good to finish with this as it gives the children the feeling of a positive community. The children move close together in a circle and link arms right and left. One child passes the "br" on to the child on his right, and he in turn passes it on to the next child sitting on his right. This lasts until the entire circle has said "br". When this has happened the group jumps up and cries "bravo".

"The secret friend" is a very good game to **finish with**.

The names of all the boys are in a container (like lottery tickets). Each boy takes a name at the end of the session. They do not divulge whose name they have pulled out. The boys are now given the task of behaving as nicely as possible and to be particularly attentive to the person they have pulled out until the next exercise lesson. At the beginning of the next lesson the boys talk about who the secret friend was and back up their assumptions with situations that they have experienced. Each boy is pleased about the attention he has received as the result of the high degree of acceptance.