



**Irish Heart
Foundation**

The National Stroke & Heart Charity

Find the poster and video at
irishheart.ie/bizzybreaks



Bizzy Breaks Poster

The Bizzy Breaks poster is a series of guided movements for pupils, incorporating both seated and standing exercises.



Used during the day in schools, the poster provides a movement break for the body and the mind and helps pupils achieve the **60 minutes of moderate-to-vigorous physical activity per day** recommended for health benefits. It is designed to take no more than 10 minutes and pupils can complete all movements from their desks.

This activity can be shortened or extended to fit the time available for your class. The Bizzy Breaks poster can be used:

- As a **wakener** first thing in the morning
- As a **movement break** to split up long periods of sitting
- As a **transition** between classroom activities
- As a **refresher** to revive a tired class
- As a **warm up** in advance of other physical activity.

The Bizzy Breaks poster consists of three sequences of movements:

1

Looseners

Looseners ease the body into physical activity by **warming up** the muscles and joints. These movements gently prepare the body for higher intensity activity.

2

Huffers

Huffers are the ‘aerobic’ or ‘cardio’ portion of the movement break; this means that they **increase the heart rate** and make **breathing faster**, as the heart works hard to deliver more oxygen all around the body.

The **intensity** of these movements can be increased by using both upper and lower body movements (these optional progressions are detailed as ‘**More Action**’).

3

Stretchers

Stretchers support **flexibility** and help to **prevent any stiffness or soreness** after physical activity by stretching the major muscle groups. Stretchers help the body to **cool down** and the heart rate to return to its resting rate.

Music

The Irish Heart Foundation have compiled a playlist of songs at a suggested tempo (beats per minute – BPM) for each of the three movement sections. These playlists can be accessed online at www.IrishHeart.ie and played in your classroom using a free Spotify account.

- ➔ **Looseners:** Music with a slow and steady beat (60-80 BPM)
- ➔ **Huffers:** Energetic and upbeat music (80-180 BPM)
- ➔ **Stretchers:** Slow and relaxing, or empowering, music (60-150 BPM)

Other music can also be chosen depending on the preferences of the class and the technology available.

The Bizzy Breaks poster can be displayed as a digital image using an interactive whiteboard or projector



$$\text{Looseners } \times 2 + \text{Huffers } \times 2 + \text{Stretchers } \times 2 = 10 \text{ minutes}$$

The **duration** can be adjusted to fit the time available for your class.

- ➔ Complete each section one time for a five-minute movement break.

Or

- ➔ Utilise just the Looseners or Stretchers for a quick two-minute reviver*.

Note

- The Bizzy Break should provide some challenge but not be difficult; ensure that the movements are performed at a speed and level appropriate for the class.
- Be aware of signs of over-exertion such as breathlessness or dizziness and encourage pupils to walk gently on the spot (Spot Walk) as a rest activity if they are feeling out of breath.

*Before doing aerobic activity such as the Huffers, a light warm up is recommended.

Using The Bizzy Breaks Poster

- 1 Display the Bizzy Breaks poster on the whiteboard or wall.
- 2 Invite pupils to do the **SPACE CHECK** and **SEAT CHECK** below to ensure safety and comfort.

Space Check

Push your seat back from the desk and check the space around you:

- Is the area around your chair clear of bags?
- Are your shoelaces tied?
- Do you have enough room to stretch your legs out in front and to swing your arms?

Pupils can recite this rhyme to perform the seat check:

*“Scoot your bum forward,
Look straight on with eyes,
Shoulders back, feet on floor,
Put your hands on your thighs.”*

Seat Check

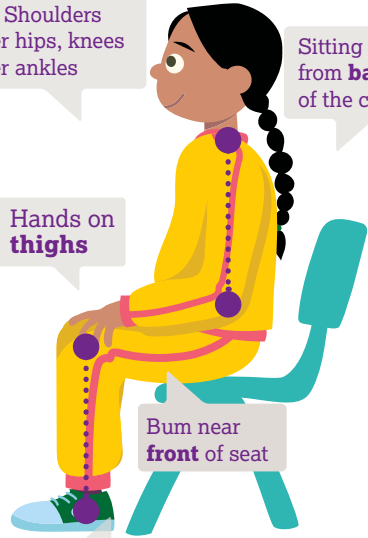
Sitting **straight** up: Shoulders over hips, knees over ankles

Sitting **away** from **back** of the chair

Hands on **thighs**

Bum near **front** of seat

Feet **shoulder width** apart and **flat** on floor



- 3 Play some music (playlists are available online at www.IrishHeart.ie).
- Follow the instructions and teaching points.
 - Encourage pupils to look at the poster for the movements.
 - Repeat each section one or more times before moving onto the next section.

Looseners

Looseners ease the body into physical activity by warming up the muscles and preparing the joints for higher intensity movements.

- ➔ Keep all movements **slow** and **smooth**.
- ➔ Keep in rhythm to the music.
- ➔ For each movement, **repeat x 8** before moving to the next.
- ➔ Complete the full sequence of eight Looseners **1-2 times**.

Movement

Action & Teaching Tips

1 Piano Play



Joints/Body parts: Fingers

- Hold arms out in front and spread fingers.
- Wiggle fingers and thumbs.
- Make long careful movements.

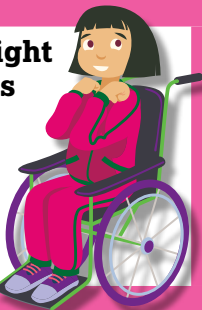
2 Alphabet Trace



Joints/Body parts: Wrists

- Hold arms out in front.
- Point index fingers (like you are conducting an orchestra).
- Circle the wrists to make the letter 'O'.
- Make circles in both directions.

3 Weight Lifts



Joints/Body parts: Elbows

- Start with hands on lap.
- Make fists with palms facing up.
- Pretend to move imaginary weights up to shoulders and back down again.

4 Shoulder Shrug



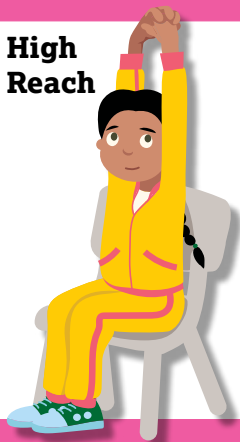
Joints/Body parts: Shoulders

- Allow arms to hang loose.
- Rotate shoulders upwards and forwards.
- Rotate the opposite direction.

Movement

Action & Teaching Tips

5 High Reach

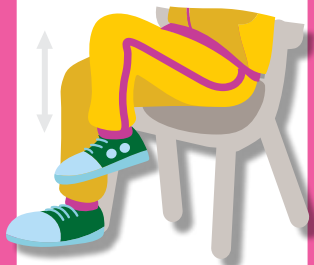


Joints/Body parts: Back

- Reach arms up high and interlock fingers.
- Lean gently to left (lean from the waist keeping hips and bum in place on chair).
- Lean back to centre (reaching up high). Lean to the right.

(Repeat full sequence x 4, returning to centre each time)

6 Slow March



Joints/Body parts: Hips

- March on the spot slowly while sitting in the chair.
- Lift knees high.

7 Heel Touch



Joints/Body parts: Knees

- Start with both feet flat on the ground.
- Keeping one foot flat on floor, step heel of other foot forward to touch the ground with toes facing up.
- Keep a slight bend at the knee.
- Repeat with opposite heel.

8 Press & Pull



Joints/Body parts: Ankles

- Place both heels on the floor.
- Pull toes upwards to point at face, hold for a beat, then point toes forward.

Huffers

Huffers increase the heart rate and make the breathing faster; movements like this are called 'aerobic' or 'cardio' activity. Huffers are the aerobic portion of the Bizzy Break.

- ➔ Intensity of movement can be increased, if desired, by using both upper and lower body (detailed as 'More Action').
- ➔ For each movement, **repeat x 8** before moving to the next.
- ➔ Complete the full sequence of eight Looseners **1-2 times**.

Movement

Action & Teaching Tips

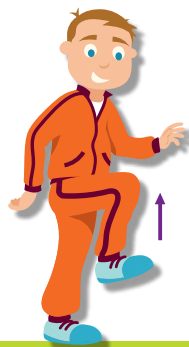
1 Spot Walk



- Take small steps on the spot.

Use this action as a transition between each movement or as a rest activity for any pupils showing signs of over-exertion.

2 Hup March



- March on the spot – bringing the knees up high and swinging arms.

MORE ACTION: Bring knees higher and pump arms.

Movement

Action & Teaching Tips

3 Punch Bag



- Pretend you are punching an imaginary punching bag.
- Do not straighten the arm fully when punching.

MORE ACTION: If space allows, add some foot shuffling side to side or backwards and forwards.

4 Side Step



- Take a wide step to the side.
- Slide the other foot over to bring the two feet together.
- Repeat, stepping to the opposite side.

MORE ACTION: Bend elbows with palms facing forward in front of shoulders, make circles with hands to the left or right in the direction of the step.

5 Bounceroo



- Bounce with both feet.
- Land each time on the balls of the feet with knees slightly bent.

MORE ACTION: Push arms forward and out with each bounce.

Movement

Action & Teaching Tips

6 Breaststroke



- Hold arms at chest level.
- Mimic swimming action of breaststroke (bring hands together at chest, push hands forward, spread arms wide and bring arms back to chest).

MORE ACTION: Stand with feet hip-distance apart and squat slightly with each stroke.

7 Split Bounce



- Stand with one foot behind, one foot in front.
- Bounce, switching legs with each jump.

MORE ACTION: Move arms in opposition to legs with each bounce.

8 Sky Punch



- Make two fists with hands at shoulder level.
- Punch both arms upwards (keeping a slight bend in the arm).
- Return to shoulder level.

MORE ACTION: Kick leg out in front, alternating legs.

Stretchers

Stretchers help to prevent stiffness or soreness by stretching the major muscle groups. Stretchers also help the body to cool down and heart rate to slow down to resting rate.

- ➔ When a gentle stretch can be felt, hold the movement (you should not feel pain or discomfort).
- ➔ Breathe normally through the stretch.
- ➔ Hold each stretch for **8-10 seconds** on each side.

Movement

Action & Teaching Tips

1 Finger Fan



Area stretched: Fingers

- Spread fingers and thumbs to stretch out hands.

2 Wrist Wrencher



Area stretched: Forearms

Hold arms straight out in front with palms facing down:

- Slowly bend wrists so that fingers are pointing down.

Hold for 8-10 seconds.

- Slowly bend the opposite way so that fingers point up.

Hold for 8-10 seconds.

3 Wing Wings



Area stretched: Chest and shoulders

Place hands on shoulders with elbows bent:

- Stretch elbows outwards like wings.

Hold for 8-10 seconds.

- Move elbows close together, feeling a stretch in the shoulders and upper back.

Hold for 8-10 seconds.

Movement

Action & Teaching Tips

4 Bum Stretcher



Area stretched: Lower back and bum

- Raise one knee and wrap arm around it.
- Pull knee gently towards chest.

Hold for 8-10 seconds.

- Repeat for other leg.

5 Calf Stretcher



Area stretched: Back of lower leg

- Move both heels forward until legs are almost straight.
- With heels on floor, point toes back towards the face to feel stretch along back of lower leg.

Hold for 8-10 seconds and remain in position for next move.

6 Shin Stretcher



Area stretched: Front of lower leg

- Sitting with legs straight and heels on floor from Calf Stretcher.
- Push toes forward, feeling the stretch along the front of lower leg.

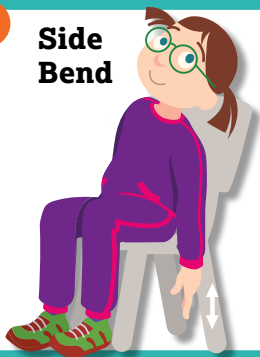
Hold for 8-10 seconds.

Movement

Action & Teaching Tips

7

Side Bend



Area stretched: Back/neck

- Keeping arms relaxed by side and bum on seat, lean from the waist to the left.
- Let the ear fall to the shoulder to stretch the neck.

Hold for 8-10 seconds.

- Return to centre and repeat on opposite side.

8

Trunk Twister



Area stretched: Back/sides

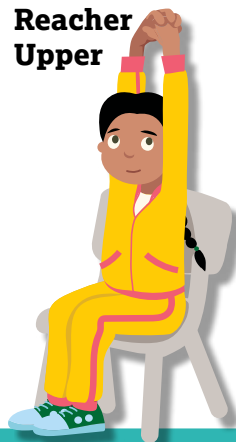
- Clasp hands together and raise arms to shoulder level.
- Slowly twist to right and look over the shoulder.

Hold for 8-10 seconds.

- Repeat on opposite side.

9

Reacher Upper



Area stretched: Trunk

- With fingers clasped, raise both arms above the head.
- Stretch arms up towards ceiling.

Hold for 8-10 seconds.



Irish Heart Foundation

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