

## Commercial Movement Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p>Commercial Movement Game:</p> <ul style="list-style-type: none"><li>- While spending time together watching TV Shows or family movies; be sure to take movement breaks to move your bodies</li><li>- See the list below for ideas</li><li>- Breaks Ideas<ol style="list-style-type: none"><li>1. 10 jumping jacks</li><li>2. 10 toe touches from standing</li><li>3. 10 toe touches from sitting</li><li>4. 10 tip toe raises</li><li>5. 10 arm reach for the stars</li><li>6. 10 pencil jumps</li><li>7. 10 star jumps</li><li>8. 10 second plank</li><li>9. 10 crunches</li><li>10. 10 push ups</li><li>11. One sprint up/down stairs</li><li>12. One to the side walk and back</li><li>13. 10 high knees</li><li>14. 10 cat/cow yoga stretches</li><li>15. One high five for everyone you're watching with</li></ol></li></ul>	<ul style="list-style-type: none"><li>- Something to lift (ie weights or cans of soup)</li></ul>