



Movement Breaks

The Moving Well-Being Well Project

The primary goal of the *Moving Well-Being Well* project is to help address the growing physical inactivity problem that exists in Irish society, particularly amongst school-aged children. The project is focused on improving children's physical literacy. *Moving Well-Being Well* is one of the largest physical literacy programmes in the world.

Moving Well-Being Well Movement Breaks

There are over 50 "plug & play" movement break videos available, targeting a range of fundamental movement skills. Videos are designed for use with children aged 4 - 8+ years.

How they work

Skill series have been created for *ten* fundamental movement skills.

Each skill series has 4-6 activity videos.

Each video is given a **Level** from 1 - 6, corresponding with the level of difficulty of that video's activity.

All skill series start at **Level 1** - an introduction to the basic components of the skill.

The Skills

Recommended for
4-6 years

Vertical Jump

Horizontal Jump

Frog Jumps

Two-Hand Catch

Standing Balance

Recommended for
7+ years

Hop

Skip

Leap

One-Hand Catch

One-Hand Strike

The Key



Locomotor skill



Object-control skill



Cardiovascular fitness activity

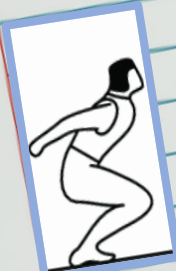


Equipment required





What am I looking for?



1. Crouch down, swinging your arms back



2. Jump off two feet.

Swing arms up over head as you jump



3. Land on two feet.

Bend your knees to land gently.

VERTICAL JUMP

Click on any activity below to go straight to the movement break

Level 1: Space Jumps



Level 2A: Space Travelling - Game 1



Level 2B: Space Travelling - Game 2



Level 3: Catching Stars



Level 6: Jump & Catch



Level 1

Level 2

Level 3

Level 4

Level 5

Level 6



What am I looking for?



1. Crouch down, swinging your arms back



2. Jump off two feet.

Swing arms up over head as you jump



3. Land on two feet.

Bend your knees to land gently.

HORIZONTAL JUMP

Click on any activity below to go straight to the movement break

Level 1: Monkey Jumps



Level 2: Cross the Jungle



Level 3: Flying Fish



Level 6: Catch a Flying Fish



Level 1

Level 2

Level 3

Level 4

Level 5

Level 6



What am I looking for?



1. Crouch down, hands flat on the floor in front of you.



2. Jump off two feet.

Swing arms up above head.



3. Land on two feet. Bend knees to land softly.

Frog Jumps

Click on any activity below to go straight to the movement break

Level 1: Jump Like a Frog



Level 2: Frog Life Cycle



Level 3: Nature Walk



Level 4: Spring March

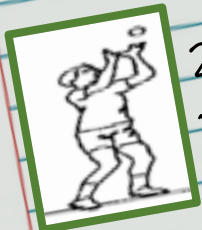




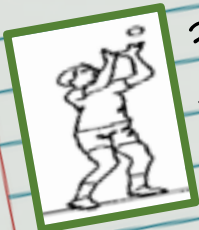
What am I looking for?



1. Keep your eye on the object.



2. Make a basket with two-hands



3. Reach up towards the object to catch

TWO-HAND CATCH

Click on any activity below to go straight to the movement break

Level 1: Introduction to Catching



Level 2: Catch & Clap



Level 3: Froggy Fly Catcher



Level 4: Action Catching



Level 6: Fast Frog Challenge



Level 1

Level 2

Level 3

Level 4

Level 5

Level 6



STANDING BALANCE

Click on any activity below to go straight to the movement break

What am I looking for?

1. Stand on one foot.



Keep the free leg from touching the standing leg.

2. Keep your arms out to the side to help balance.



3. Keep your head up - focus on a point in front of you.



Level 1: Standing Stork

Level 2A: Which Way to Balance?

Level 2B: Balancing Act

Level 3: Finding our Balance

Level 1

Level 2

Level 3

Level 4

Level 5

Level 6



What am I looking for?



1. Take off and land on the same foot



2. Bend arms at the elbow.


Swing arms back and then forward as you hop



3. Bend your knee to land gently

HOP




Click on any activity below to go straight to the movement break




Level 1: How to Hop 

Level 4: Hopping Maths 

Level 4a: Lava Maze - Game 1  

Level 4b: Lava Maze - Game 2  

Level 5a: Speed Hopping - Over and Back   

Level 5b: Speed Hopping - Side to Side   

Level 6: Grid Race   

Level 1

Level 2

Level 3

Level 4

Level 5

Level 6



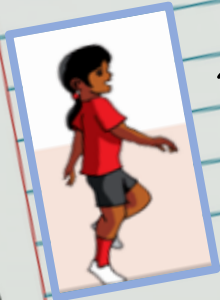
What am I looking for?



1. Take a step forward, and then a hop, on the same foot.



2. Swing arms in opposition to legs.
Arm swing is loose and rhythmical.



3. Land on the balls of your feet.

SKIP

Click on any activity below to go straight to the movement break

Level 1: Learn to March



Level 1: Skip to Music



Level 3: Skipping Musical Statues



Level 1

Level 2

Level 3

Level 4

Level 5

Level 6



What am I looking for?



1. Take off from one foot.



2. Move arms in running motion – opposite arm to opposite leg.



3. Land on the other foot.

LEAP

Click on any activity below to go straight to the movement break

Level 1: Learning to Leap



Level 4: Pots of Gold Challenge



Level 4A: Crazy Counting



Level 4A: Land-Sea-Air – Game 1



Level 4B: Confused Counting



Level 5: Land-Sea-Air – Game 2



Level 1

Level 2

Level 3

Level 4

Level 5

Level 6



What am I looking for?



2. Keep your eye on the object.




2. Make a cup-shape with your catching hand




3. Reach up towards the object to catch.
Try to catch the object at its highest point



ONE-HAND CATCH



Click on any activity below to go straight to the movement break

Level 1: How to Catch  

Level 4: Catch Coordination  

Level 4: Hand-Passing Introduction  

Level 5: Hand-Pass to Partner  

Level 5: Hand-Pass Challenge  





ONE-HAND STRIKE

Click on any activity below to go straight to the movement break

What am I looking for?



1. Stand side-on to target.
Throw up object with hand
closest to the target.



2. Swing the striking
hand in the shape of a "C"
to strike the ball towards
the target.



3. As you strike, step
towards the target
with the foot closest to
the target.

Level 1: Remember How to Hand-Pass



Level 4: Bowling



Level 6: Introduction to Striking



Level 6: Strike Circuit





The Moving Well-Being Well project is a partnership between DCU's School of Health and Human Performance, the Insight SFI Research Centre for Data Analytics, and the GAA. The PDST PE team were also collaborators on the Movement Breaks project.



Images taken and adapted from;

Gallahue, D., & Ozmun, J.C. (1998). Understanding Motor Development. Infants, Children, Adolescents, Adults: New York: McGraw-Hill
GAA Handball Coaching Resources – www.GAAhandball.ie