

NO-EQUIPMENT PE MOVEMENT BREAKS FOR INSTANT ENGAGEMENT



MOVEMENT BREAK #1: MIRROR MOVEMENT



- Students pair up facing each other
- Leader performs slow, controlled movements for 30 seconds
- Partner mirrors every movement simultaneously
- After 30 seconds, roles switch
- Focus on control, focus, and connection

MOVEMENT BREAK #2: SHAPE SHIFTER

- Move freely through the space
- Listen for the teacher's cue
- Freeze in a "WIDE" shape
- Freeze in a "NARROW" shape
- Freeze "TWISTED" or "ROUND"



*Focus on quick reactions and creativity —
how many ways can you shape your body?*

MOVEMENT BREAK #3: FOLLOW THE LINE

- Move along classroom lines or walkways
- Teacher calls the locomotor skill for each path:
 - Skip on carpet
 - Gallop between desks
- Focus on spatial awareness

Switch skills on each new line colour to keep movement varied and engaging.





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