

Heavy work on our muscles and tendons gives excellent proprioceptive feedback to our body which helps our brain stay alert and aroused. When our brain switches on, it is easier to learn in class and also make positive behaviour choices. It is also great for upper body strength and core strength.

Some suggested heavy work exercises that give a lot of proprioceptive feedback, but also boost core strength, that might appeal for middle primary aged children include:

- Planking
- Bridge pose
- Pushing the wall down - feet in close to the wall and then feet out from the wall
- Lay on floor on back, feet up against wall and lift bottom off the floor and hold steady and then slowly down
- Wall sits
- Yoga poses
- Spider walks (crouching down low, hands and feet on the floor and creeping)
- Bear walks forward and backward
- Frog squats - like a squat but going low and halfway up
- Mountain climber
- Some websites give great information about simple exercises and this is a really useful one, specifically on building strength, which ultimately is “heavy work” on our muscles.  
<https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/>

Some other break options could be:

- Walk with a buddy around the school
- Jump rope
- Star jumps
- Burpees
- "Chilling" in a break out space with a weighted blanket
- Progressive muscle relaxation
- Deep breathing
- Whole class brain break - like go noodle, just dance or my personal favourite the poo song - "Everybody poos"

I would suggest you schedule movement breaks, about three times per day and have a timer so you look for about a 3 minute break. The adult can then evaluate if some days the student might need more or less. It is also important to link the movement to a reason and encourage the child to reflect on how this movement impacts on their learning. For further information on Self Regulation, contact Lil' Peeps for the Alert Information Handout.





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# Boot Camp Exercises






## Getting Started

Kmart is an excellent low cost supplier of some of these items and they are generally the cheaper supplier, however most sports retailers also stock these products.

Always encourage a light stretch (stretching whilst moving is good) and deep breathing. A cool down with some yoga poses would also be calming, but good for muscle toning as well.

<b>Equipment</b>	<b>Image</b>	<b>Benefit</b>	<b>Cost</b>
Air filled cushion		Proprioceptive and vestibular input – helps keep body switched on	\$20
Balance board		Great for balance and proprioception	\$8
Therabands		Good proprioceptive input Great for upper body strength	\$10-20
Fit balls		Good proprioceptive input Great for upper body strength Core muscles	\$10 – \$50

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<p>Heavy ropes</p>	 <p>9m Battle Rope</p>	<p>Great for upper body strength</p>	<p>\$35</p>
<p>Running ladders</p>	 <p>Junior Training Kit</p>	<p>Good for general fitness and control</p>	<p>\$25</p>
<p>Medicine balls</p>	 <p>4KG</p> <p>5kg Medicine Ball</p>	<p>Great for upper body strength</p>	<p>\$12</p>
<p>Yoga mats</p>	 <p>Yoga Mat - Assorted* \$8.00</p>		<p>\$10</p>
<p>Resistance kits</p>		<p>Great for upper body strength</p>	<p>\$20</p>