

# ActivityBreak

## Implementation Plan

### Program Leader Support

K-2 Contact: \_\_\_\_\_

3-6 Contact: \_\_\_\_\_

Specials Contact: \_\_\_\_\_

The goal is to add up to 20 minutes of additional classroom physical activity each day, beyond regularly scheduled recess and physical education classes. Ask your grade-level InPACT Program Leader for guidance.

### Implementation Goals

> Weeks 1 - 3	Establish Classroom Procedures	> Weeks 13 - 15	(4) Activity Breaks Per Day
> Weeks 4 - 6	(1) Activity Break Per Day	> Weeks 16 - 18	(5) Activity Breaks Per Day
> Weeks 7 - 9	(2) Activity Breaks Per Day	> Weeks 19 - 38	Maintain Implementation
> Weeks 10 - 12	(3) Activity Breaks Per Day	Start small and build up each month!	

### Tracking Progress

Add a sticker to your class calendar each time you complete an Activity Break. Calendars can be collected monthly and updated with new goals.

### Activity Ideas

Select from a variety of physical activities featured in our weekly newsletters, or explore additional ideas using our Activity Cards and the Compendium of Physical Activities.

### Classroom Management

Use the **Move & Focus** poster to help transition students between activity breaks, and use the **Check Yourself** poster to monitor exercise intensity levels.



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# ActivityBreak

## Sample Schedules

 = Activity Break Example

Lower Elementary Sample Schedule MONDAY - FRIDAY	
8:45	Morning Work / Breakfast
9:10	Calendar (Yoga) & Morning Meeting
9:25	Phonics (Break - END)
9:55	Handwriting/Writing (Break - END)
10:20	Reading Workshop Lesson
10:40-10:55	RECESS
11:00-12:00	WIN
12:10-12:40	LUNCH
12:40-1:25	Math (Break - BEFORE)
1:30-2:25	Specials
2:30-2:50	RECESS
2:50-2:55	Pack-Up / Snack (Calming Break)
2:55-3:25	Science / Social Studies
3:30	Dismissal

Middle Elementary Sample Schedule MONDAY - FRIDAY	
8:45	Morning Work / Breakfast
9:00-10:00	Reading / Math (Break - MIDWAY)
10:00-10:55	Specials
10:55-11:20	Grammar
11:20-11:50	LUNCH
11:50-12:50	Reading / Math (Break - MIDWAY)
12:50-1:20	RECESS
1:15-2:15	Social Studies / Science (Break - END)
2:15-2:45	Writing (Break - END)
2:45-3:20	WIN
3:20-3:30	Pack-Up (Calming Break)
3:30	Dismissal

Upper Elementary Sample Schedule MONDAY - FRIDAY	
7:45-8:00	Morning Work / Breakfast
8:00-9:00	1st Hour (Break - MIDWAY)
9:00-9:55	2nd Hour - Specials
10:00-11:00	3rd Hour (Break - BEGINNING)
11:00-11:30	LUNCH
11:30-12:00	WIN (Break - END)
12:00-1:00	4th Hour
1:00-1:20	RECESS
1:20-2:35	5th Hour / Pack-Up (Break - MIDWAY)
2:35	Dismissal

**Ask your grade-level InPACT Program Leader for guidance. Visit us online to discover more Activity Break ideas!**



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# ActivityBreak

Month/Year: \_\_\_\_\_

## Calendar Template

Grade/Class: \_\_\_\_\_

Activity Goal: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



Activity Break Calendar Template ©2026



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