



Beach Cities
Health District

A Public Agency



8-MINUTE MORNING EXERCISE HANDBOOK

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8-Minute Morning Activities

Redondo Beach Unified School District and Hermosa Beach City School District partners with Beach Cities Health District to offer programs to increase physical activity, improve nutrition and promote social-emotional well-being. The 8-Minute Morning Activities are exercise routines that are completed by students in the school, as a group, first thing in the morning. The routines are set to music soundtracks with a voiceover that calls out each exercise. Each routine consists of unique kid-friendly exercises that are done in 3 sets over 6 minutes. The exercises are followed by 2 minutes of calm stretching and 25 seconds of mindful breathing.

Implementing 8 Minute Morning Activities

- Based on your school's bell schedule, morning routine, size, and blacktop area, determine when and where the Morning Activities will take place each day.
- You will need a PA system (preferably with a microphone) and enough space for each student.
- The students should be 4-5 feet apart from each other in order to complete each exercise safely. The best way to accomplish this is by painting classroom numbers and individual spots on the ground. (Tip: Have your buildings & grounds dept. measure and paint room numbers and small spots. Black paint can be seen, but will not ruin the look of the blacktop.)
- Start the soundtracks at the same time every day. Consistency is crucial to success.
- Incorporate the 8-Minute Activities into your “regular” morning tasks (Pledge of Allegiance, school song, announcements, etc.)
- Get everyone involved: set a schedule or calendar for a different teacher/faculty member/parent to “lead” the Activities each day. They can get on the microphone and keep everyone pumped up!
- Identify and reward students giving maximum effort.
- Each class can choose one or two students to go to the front of the line and be the class leaders!
- Choose a few upper grade students to join the lower grade students to teach the exercises and motivate them.
- Make the program your own. Every school has their own way to put their unique twist on the Activities.

Routines List

Routine 1

Exercises:

- 1 Crazy Jacks
- 2 Apple Pickers
- 3 Rocking Horse
- 4 Heel Clickers
- 5 Bottom Kickers
- 6 Light Bulbs
- 7 Sledge Hammer
- 8 Scissor Jumps
- 9 Wolverines
- 10 Quick Feet

Cool Down:

- 1 Around the World
- 2 Warrior 1
- 3 Palm Tree
- 4 Mindful Breathing

Routine 2

Exercises:

- 1 Cross Jacks
- 2 Mountain Climbers
- 3 Side Crunches
- 4 Invisible Jump Rope
- 5 High Knees
- 6 Flap Your Wings
- 7 Windmills
- 8 Ski Jumps
- 9 Roof Raisers
- 10 Funky Chicken

Cool Down:

- 1 Standing Twist
- 2 Warrior 2
- 3 Frog
- 4 Mindful Breathing

Routine 3

Exercises:

- 1 Jumping Jacks
- 2 Drummers
- 3 Body Builders
- 4 Hop Scotch
- 5 Sumo Squats
- 6 Floor Flatteners
- 7 Windshield Wipers
- 8 Point Jumps
- 9 Monkeys
- 10 Squish Your Knee

Cool Down:

- 1 Tree Pose
- 2 Runner's Lunge
- 3 Downward Dog
- 4 Mindful Breathing

Routine 4

Exercises:

- 1 Slap Jacks
- 2 Shopping Cart
- 3 Steam Engines
- 4 Surfer Jumps
- 5 Frankensteins
- 6 Speed Bags
- 7 Tidal Waves
- 8 Three Pointers
- 9 Swimmers
- 10 Ice Skate

Cool Down:

- 1 Chair Twist
- 2 Pyramid
- 3 Elephant
- 4 Mindful Breathing

Routine 5

Exercises:

- 1 Wobble Jacks
- 2 Canoes
- 3 Washing Machine
- 4 Fireworks
- 5 Break the Stick
- 6 Row Boats
- 7 Ceiling Circles
- 8 Rockets
- 9 I Don't Knows
- 10 Line Dance

Cool Down:

- 1 Warrior 3
- 2 Triangle
- 3 Chair
- 4 Mindful Breathing

Routines List

Routine 6

Exercises:

- 1 Pull Down
- 2 Spirit Leader
- 3 Fireball
- 4 Drummer
- 5 Thriller
- 6 Pump It Up
- 7 Jump Rope
- 8 Roof Raisers
- 9 Harvest
- 10 Window Washer

Cool Down:

- 1 Sun Salute
- 2 Chair Pose
- 3 Shoulder Rolls
- 4 Mindful Breathing

Routine 7

Exercises:

- 1 Grab the Rebound
- 2 Touchdown Pass
- 3 Quick Feet
- 4 Juggle the Ball
- 5 Distract the kicker
- 6 Kick and Pass
- 7 High Goalie
- 8 Batter Up
- 9 Throw-In
- 10 Celebration

Cool Down:

- 1 Warrior 1
- 2 Warrior 2
- 3 Tree Pose
- 4 Mindful Breathing

Routine 8

Exercises:

- 1 Two-Step
- 2 Hip-Hop Kick
- 3 Crazy Legs
- 4 Beat the Drum
- 5 Running Man
- 6 Chicken Dance
- 7 Leprechaun Jig
- 8 Chorus Line
- 9 Skaters
- 10 Roof Raisers

Cool Down:

- 1 Side Stretch
- 2 Chair Twist
- 3 Rag Doll
- 4 Mindful Breathing

Routine 9

Exercises:

- 1 Pull Down
- 2 Jabbers
- 3 Shoulder Contraction
- 4 Lunge Step
- 5 7th Inning Stretch
- 6 Heel Raiser
- 7 Squat
- 8 Hamstring Curl
- 9 Skier
- 10 Batter on Deck

Cool Down:

- 1 Warrior 1
- 2 Airplane
- 3 Frog Pose
- 4 Mindful Breathing

Routine 10

Exercises:

- 1 Bow and Arrow
- 2 Jumping Jack
- 3 Warrior Lift
- 4 Hip Swing
- 5 Heisman Knee Lift
- 6 Cross-Punch
- 7 Speed Bag
- 8 Pump It Up
- 9 Hulk
- 10 Fireworks

Cool Down:

- 1 Around the World
- 2 Palm Tree
- 3 Side Twist
- 4 Mindful Breathing

Routine 1

Exercises:

- 1 Crazy Jacks
- 2 Apple Pickers
- 3 Rocking Horse
- 4 Heel Clickers
- 5 Bottom Kickers
- 6 Light Bulbs
- 7 Sledge Hammer
- 8 Scissor Jumps
- 9 Wolverines
- 10 Quick Feet

Cool Down:

- 1 Around the World
- 2 Warrior 1
- 3 Palm Tree
- 4 Mindful Breathing



1. Crazy Jacks: Keep arms and legs straight and alternate moving up and down in front of body



2. Apple Pickers: Reach your hand up and away from your body to "pick the apple", bring your hand down diagonally across your body to "put it in the bucket" (alternate sides)



3. Rocking Horse: Feet together, "rock" forward by bending at the waist, stand tall



4. Heel Clickers: Jump and tap heels together



5. Bottom Kickers: Jog in place with heels hitting your bottom



6. Light Bulbs: Quickly twist one light bulb with each hand above your head



7. Sledge Hammers: Raise both hands high above your head and “hammer” straight down



8. Scissor Jumps: Jump and “scissor” your legs moving them front to back



9. Wolverines: Make an “X” with your arms in front of face, low squat



Quick Feet: Jog in place quickly with tiny steps

Cool Down



1. Around the World



2. Warrior One



3. Palm Tree

4. Mindful Breathing

Routine 2

Exercises:

- 1 Cross Jacks
- 2 Mountain Climbers
- 3 Side Crunches
- 4 Invisible Jump Rope
- 5 High Knees
- 6 Flap Your Wings
- 7 Windmills
- 8 Ski Jumps
- 9 Roof Raisers
- 10 Funky Chicken

Cool Down:

- 1 Standing Twist
- 2 Warrior 2
- 3 Frog
- 4 Mindful Breathing



1. Cross Jacks: Cross your arms and legs in front of your body



2. Mountain Climbers: "Climb" by alternating hand reaching up with high knees



3. Side Crunches: Put your fingers on your ears and drop your elbow towards your hip (alternate sides)



4. Invisible Jump Rope: Take small quick jumps while twirling your "rope" with your wrists



5. High Knees: Jog in place w/ knees as high as possible



6. Flap your wings: Hands to your side, quickly raise both arms up and down.



7. Windmills: Feet with hands up in a “V”, bring your hand down diagonally across your body to opposite foot (alternate sides)



8. Ski Jumps: Feet together, jump side to side



9. Roof Raisers: Squat down and “raise the roof” by pushing palms up to sky

Cool Down



10. Funky Chicken: Walk in place with high knees and flap your “wings” like a chicken.



1. Standing Twist



2. Warrior Two



3. Frog Pose

4. Mindful Breathing

Routine 3

Exercises:

- 1 Jumping Jacks
- 2 Drummers
- 3 Body Builders
- 4 Hop Scotch
- 5 Sumo Squats
- 6 Floor Flatteners
- 7 Windshield Wipers
- 8 Point Jumps
- 9 Monkeys
- 10 Squish Your Knee

Cool Down:

- 1 Tree Pose
- 2 Runner's Lunge
- 3 Downward Dog
- 4 Mindful Breathing



1. Jumping Jacks: Jump, send your feet out to each side while raising your hands above your head

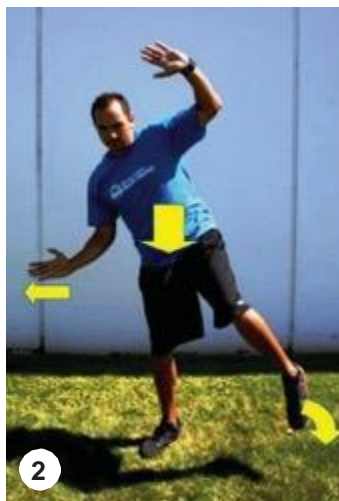


2. Drummers: Play the “drums” as fast as you can over your knee (alternate sides)

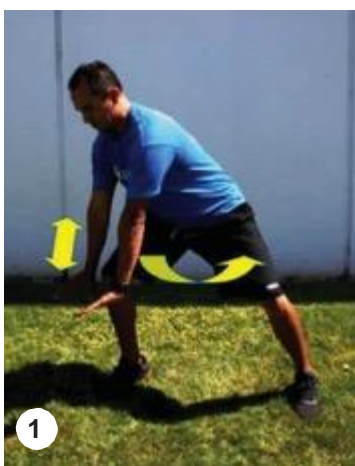
3. Body Builders: Stand tall and flex arm muscles, bend and bring fists together at your waist



4. Hop Scotch: Hopscotch in place (2 feet, 1 foot, 2 feet, 1 foot)



5. Sumo Squats: Stomp right foot, stomp left foot, low squat with wide feet and arms



6. Floor Flatteners: Push downward towards the floor with hand on each side of your knee. (alternate sides)



7. Windshield Wipers: Both hands in the air, sway back and forth



8. Point jumps: Point both hands in one direction, jump in that direction. (Alternate sides)



9. Monkey: Feet shoulder width apart, alternate straight arms up and down in front



10. Squish Your Knee: Raise your knee and use both hands to “squish” the bug on your knee (alternate knees)

Cool Down



1. Tree Pose



2. Runner's Lunge



FRONT



SIDE

3. Downward Dog

4. Mindful Breathing

Routine 4

Exercises:

- 1 Slap Jacks
- 2 Shopping Cart
- 3 Steam Engines
- 4 Surfer Jumps
- 5 Frankensteins
- 6 Speed Bags
- 7 Tidal Waves
- 8 Three Pointers
- 9 Swimmers
- 10 Ice Skate

Cool Down:

- 1 Chair Twist
- 2 Pyramid
- 3 Elephant
- 4 Mindful Breathing



1. Slap Jacks: Raise your foot and clap hands under your leg



2. Shopping Cart: Step and push the “cart” out to the side (alternate sides)



3. Steam Engines: Hands at sides of head, touch your elbow to the opposite knee (alternate sides)



4. Surfer Jumps: Feet wide with knees bent, jump and face the opposite way on your “surf board”



5. Frankensteins: Raise straight leg in front of body and touch w/opposite hand (alternate legs)



6. Speed Bag: Quickly circle fists in front of your face and to one side (alternate sides)



7. Tidal Waves: Feet wide, raise hands in the air, “crash the wave” by bringing hands to the ground.



8. 3-Pointers: Jump high and “shoot the basketball”



9. Swimmers: Quickly move both arms in “swimming” motion (alternate direction)



10. Ice Skates: Slide sideways, raise your foot and swing your arms

Cool Down



1. Chair Twists



2. Pyramid



3. Elephant

4. Mindful Breathing

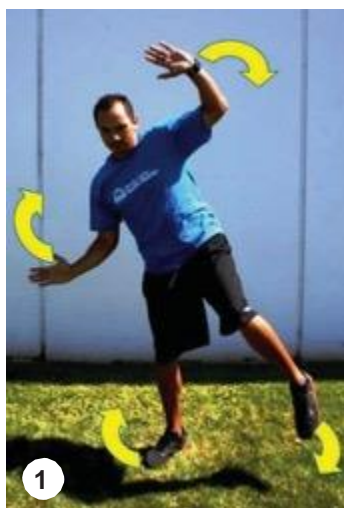
Routine 5

Exercises:

- 1 Wobble Jacks
- 2 Canoes
- 3 Washing Machine
- 4 Fireworks
- 5 Break the Stick
- 6 Row Boats
- 7 Ceiling Circles
- 8 Rockets
- 9 I Don't Knows
- 10 Line Dance

Cool Down:

- 1 Warrior 3
- 2 Triangle
- 3 Chair
- 4 Mindful Breathing



1. Wobble Jacks: Feet apart, arms out to sides with elbows bent, “wobble” side to side



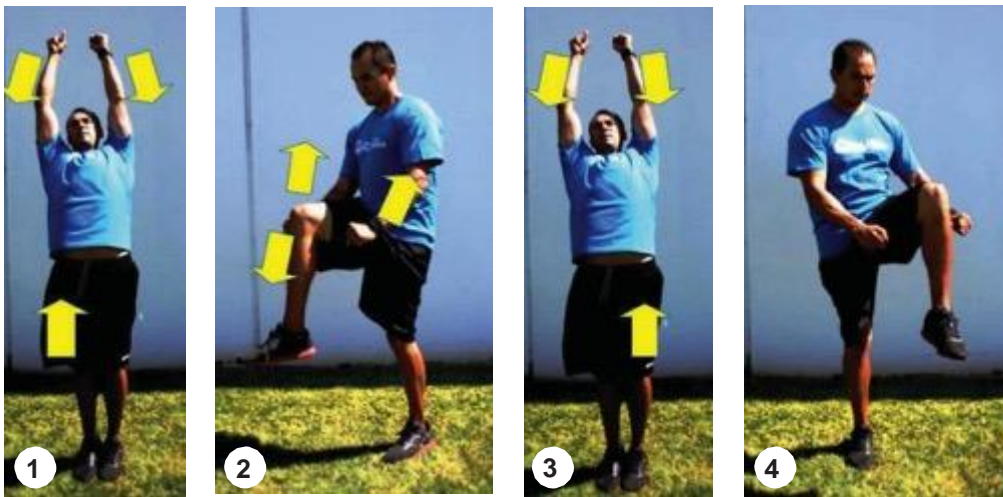
2. Canoes: Hold the “oar” high above your head, swing both hands down toward your hip (alternate sides)



3. Washing Machine: Elbows out and twist side to side



4. Fireworks: Jump up in the air and “explode” like a firework.



5. Break a Stick: Hold “the stick” above your head, lift your leg and “break it” across your knee (alternate sides)



6. Row Boats: Reach out to grab both “oars,” pull back towards hips



7. Ceiling Circles: “Paint” giant circles on the “ceiling” with both hands (alternate direction)



8. Rockets: Hands together above head, squat down, and “blast off”



9. I Don't Know: Raise both shoulders up and turn your palms to the sky



10. Line Dance: Hands on hips, slight jump and tap heel on ground (alternate feet)

Cool Down



1. Warrior 3 - Airplane



2. Triangle Pose



3. Chair Pose
4. Mindful Breathing



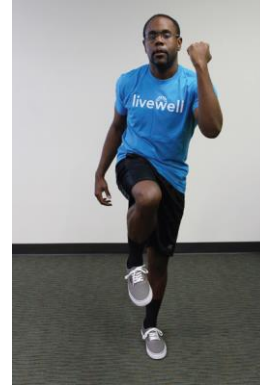
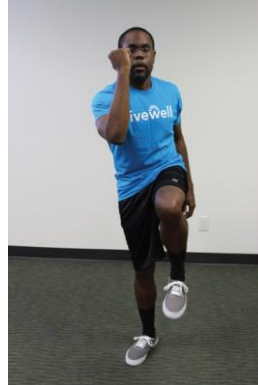
Routine 6

Exercises:

1. Pull Down
2. Spirit Leader
3. Fireball
4. Drummer
5. Thriller
6. Pump It Up
7. Jump Rope
8. Roof Raisers
9. Harvest
10. Window Washer

Cool Down:

1. Sun Salute
2. Chair Pose
3. Shoulder Rolls
4. Mindful Breathing



1. **Pull Down:** Lift your left knee and right arm up. Alternate sides.



2. **Spirit Leader:** Hop out and raise your arms to an upwards "V". Hop with your feet together and reach your arms to a "T" position.



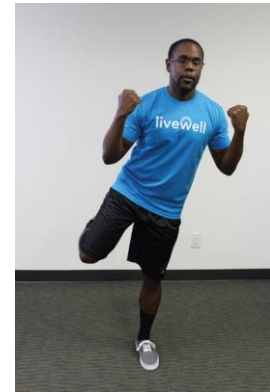
3. **Fireball:** Lunge towards the right and reach your arms out in front of you with your wrists touching. Step back to stand tall. Repeat to the other side.



4. **Drummer:** Play the “drums” as fast as you can above your right shoulder, then left. Then play the drums squatting downwards towards your right, then squatting downwards towards your left.



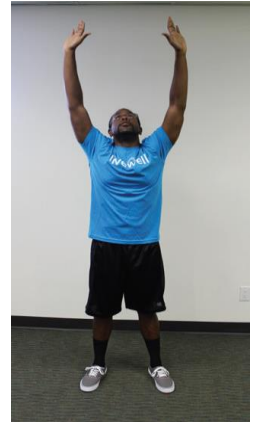
5. **Thriller:** Reach your right arm over your head to the left as you extend your right leg out to your side. Repeat to the other side.



6. **Pump It Up:** Bend your knee to kick your heel toward your bottom as you bring your fists up towards your shoulders. Repeat to the other side.



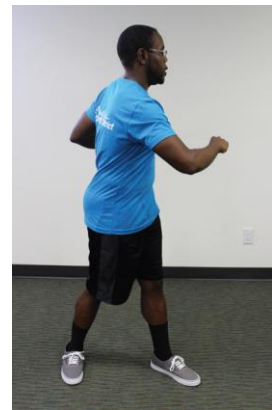
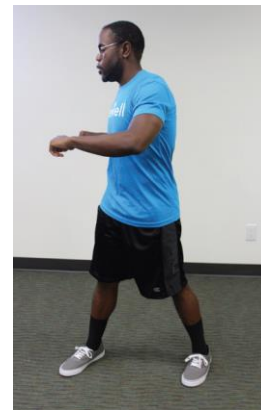
- 7. Jump Rope:** Take small, quick jumps while twirling your “rope” with your wrists.



- 8. Roof Raisers –** Squat down and then raiser your arms to the sky. Repeat.

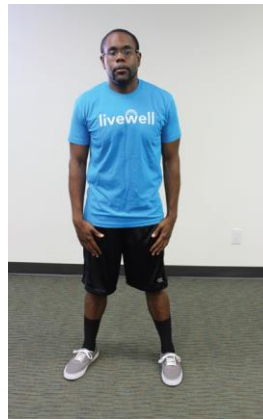


- 9. Harvest:** Bend slightly at the hip and reach out with your arms, then stand up and your pull arms in by your waist.

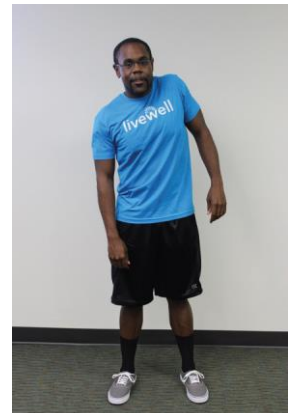
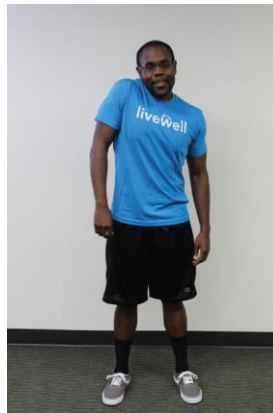


- 10. Window Washer:** Bend your knees and arms and rotate your torso from left to right while squeezing your abs.

Cool Down



2. Chair Pose: Shift hips back and down towards the ground and bend knees with arms extended forward.



1. Sun Salute: Raise your arms to the side and up above your head and slowly reach down to your toes. Reach back up to the sky and then bring your arms back down to your sides.

3. Shoulder Rolls: Slowly roll shoulders, one at a time, back and down in one fluid motion.

4. Mindful Breathing: Close your eyes and take deep breaths in through your nose and out through your mouth.

Routine 7

Exercises:

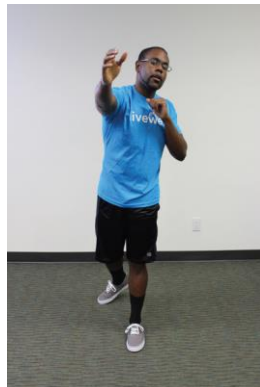
1. Grab the Rebound
2. Touchdown pass
3. Quick Feet
4. Juggle the Ball
5. Distract the Kicker
6. Kick and Pass
7. High Goalie
8. Batter up!
9. Throw-In
10. Celebration

Cool Down:

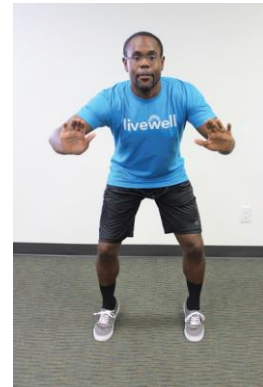
1. Warrior 1
2. Warrior 2
3. Tree Pose
4. Mindful Breathing



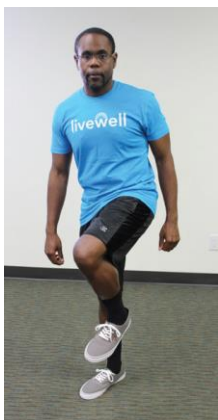
1. **Grab the Rebound:** Lift one knee up and pull your arms down.



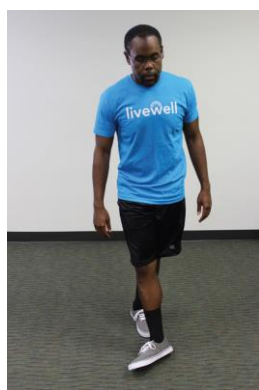
2. **Touchdown Pass:** Step back with your right foot and “throw” the ball by straightening your right arm and stepping forward with your left foot.



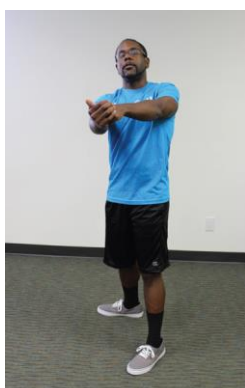
3. **Quick Feet:** Bend knees and lower to a squatting position, put your hands out in front of your chest and run in place.



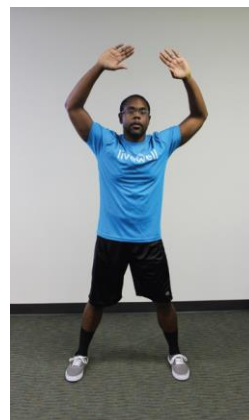
4. **Juggle the Ball:** Pull one knee across your body, and pulse knee up 2 times. Repeat on the other side.



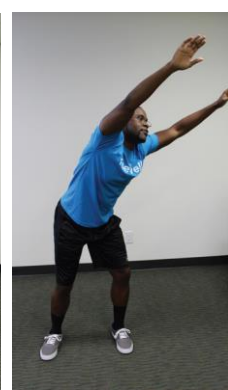
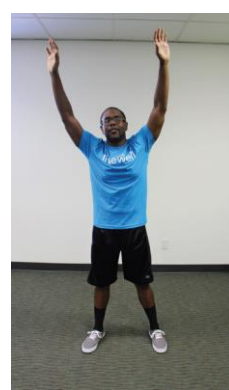
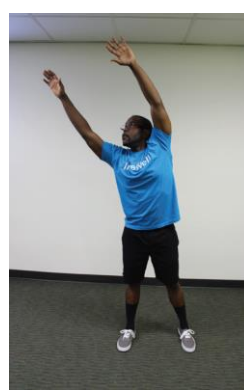
6. **Kick and Pass:** Step forward with your right foot, then kick across your body with your left heel. Alternate sides.



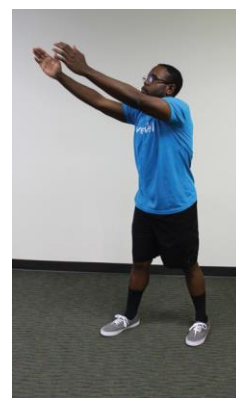
8. **Batter up:** Pretend to hold a bat on your right side, balancing on your right foot. As you swing the bat across your body, bring your left foot down.



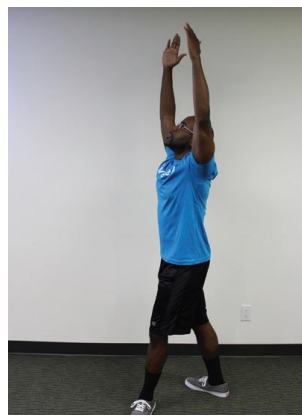
5. **Distract the Kicker:** Slide to the right twice, waving your arms above your head. Come back to the middle and repeat on the left side.



7. **High Goalie:** Do a squat and then reach your arms up and over your head to one side. Alternate sides.



9. **Throw-In:** Put your arms behind your head then step forward and throw both of your arms forward. Alternate sides.



- 10. Celebration:** Step back with your right leg, slightly rotating your body to the right with your arms high above your head. Alternate feet.

Cool Down



- 1. Warrior 1:** Lunge and extend both arms straight up and above your



- 3. Tree Pose:** Shift weight to one foot while raising other foot to rest on inner thigh of standing leg.



- 2. Warrior 2:** Shift weight to one foot while raising other foot to rest on inner thigh of

- 4. Mindful Breathing:** Close your eyes and take deep breaths in through your nose and out through your mouth.

Routine 8

Exercises:

1. Two-Step
2. Hip-Hop Kick
3. Crazy Legs
4. Beat the Drum
5. Running Man
6. Chicken Dance
7. Leprechaun Jig
8. Chorus Line
9. Skaters
10. Roof Raisers

Cool Down:

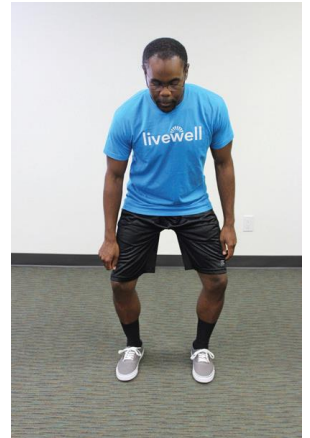
1. Side Stretch
2. Chair Twist
3. Rag Doll
4. Mindful Breathing



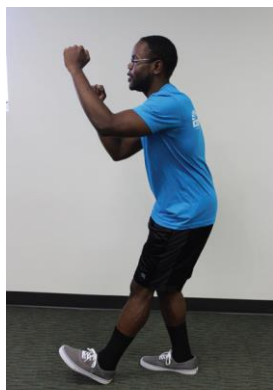
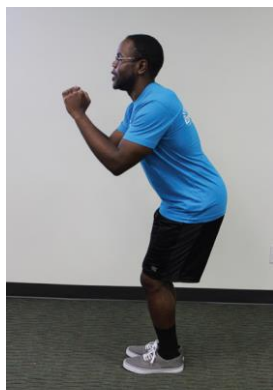
1. **Two-Step:** Step from side to side, tapping the opposite foot.



2. **Hip-Hop Kick:** Pump your arm back and forth while simultaneously kicking out the opposite leg. Repeat on the other side.



3. **Crazy Legs:** Swing both knees in and out.



4. **Beat the Drum:** Bend your knees, tap your feet and “beat the drum” with your hands. Alternate hands and feet to the beat.



5. **Running Man:** First jog in place, then start to exaggerate your arm and leg movements.



6. **Chicken Dance:** Put your hands on your hips, bend down slightly, and step side to side, sticking your chest in and out and “flap your wings”.



7. **Leprechaun Jig:** Kick one heel out in front of you, alternating feet.



8. **Chorus Line:** Stand tall with arms out to the side and kick each leg out straight in front of you.

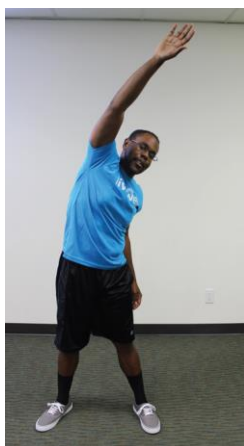


9. **Skaters:** “Skate” from side to side, extending your right arm while stepping across your body with your right leg. Alternate sides.



- 10. Roof Raisers:** Squat down with your hands at your shoulders, then stand up and extend your arms.

Cool Down



- 1. Side Stretch:** Stretch your arm up and over to the opposite side. Alternate sides.



- 2. Chair Twist:** Put your palms together, lean forward and twist.



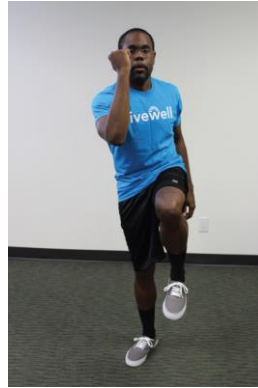
- 3. Rag Doll:** Put your hands together and lean your body forward.

- 4. Mindful Breathing:** Close your eyes and take deep breaths in through your nose and out through your mouth.

Routine 9

Exercises:

1. Pull down
2. Jabbers
3. Shoulder Contraction
4. Lunge Step
5. 7th Inning Stretch
6. Heel Raise
7. Squat
8. Hamstring Curl
9. Skier
10. Batter on Deck



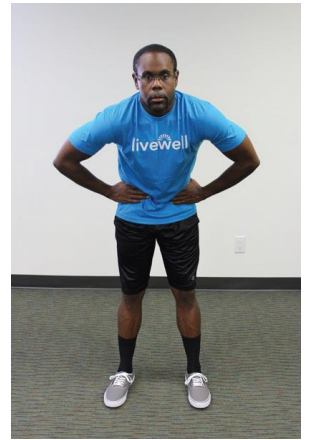
Cool Down:

1. Warrior 1
2. Airplane
3. Frog Pose
4. Mindful Breathing

1. **Pull Down:** Lift your left knee up while pumping your right arm up. Alternate sides.



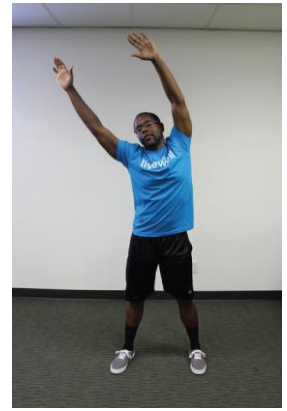
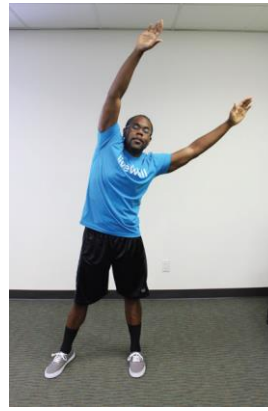
2. **Jabbers:** Put your hand in a fist and jab, alternating arms.



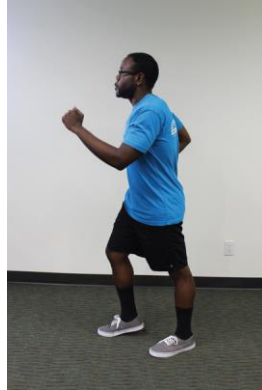
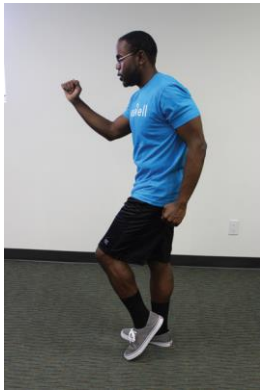
3. **Shoulder Contraction:** Put your hands on your hips and push your shoulders forwards and backwards.



4. **Lunge Step:** Step forward with your right foot and bend your knee to a 90-degree angle with your back (left) knee pointing down. Alternate feet.



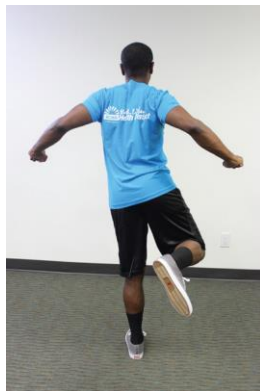
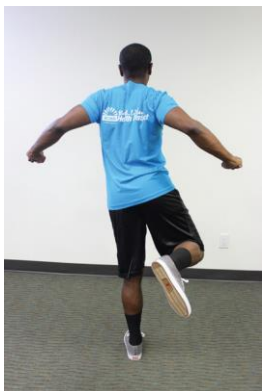
5. **The 7th Inning Stretch:** Stretch your whole body up and to one side, then proceed to the other side.



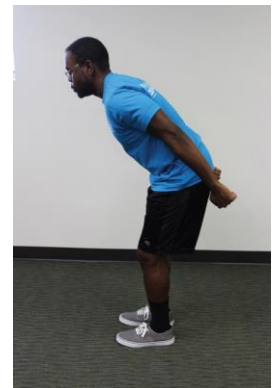
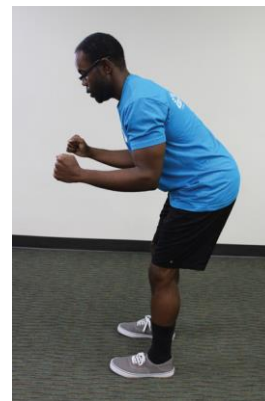
6. **Heel Raise:** Lift up your left heel, keeping the ball of your foot on the ground while simultaneously bringing your right arm up. Alternate sides.



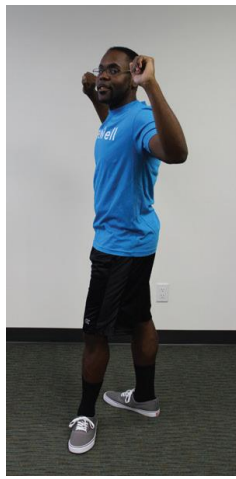
7. **Squat:** Bend down at your hips with your arms extended in front of you, then stand back up.



8. **Hamstring Curl:** Step with your left foot and kick your right heel back towards your bottom. Repeat on the other side.



9. **Skier:** Bend forward at the hips like you are skiing, bend your arms at your side and straighten them back as far as you can.



- 10. Batter on Deck:** Put your thumbs up by your shoulders like you are holding a bat and twist your upper body.

Cool Down



- 1. Warrior 1:** Lunge and extend both arms straight up and above your head.



- 3. Frog Pose:** Put your palms together and squat down, using your elbows to push your knees out.



- 2. Airplane:** Balancing on one leg, lean forward and extend your arms out horizontally.

- 4. Mindful Breathing:** Close your eyes and take deep breaths in through your nose and out through your mouth.

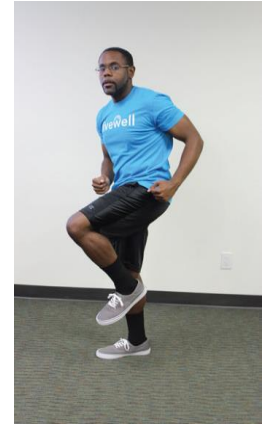
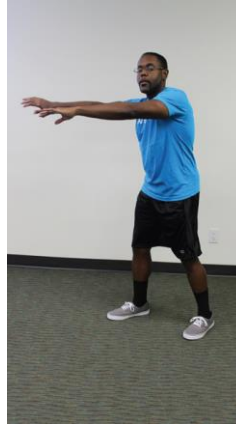
Routine 10

Exercises:

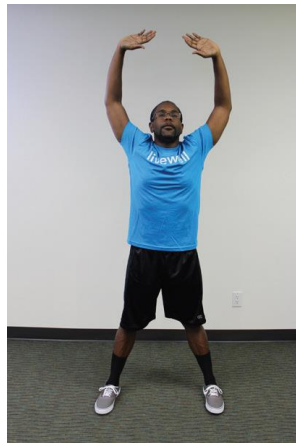
1. Bow and Arrow
2. Jumping Jack
3. Warrior Lift
4. Hip Swing
5. Heisman Knee Lift
6. Step-Cross-Punch
7. Speed Bag
8. Pump It Up
9. Hulk
10. Fireworks

Cool Down:

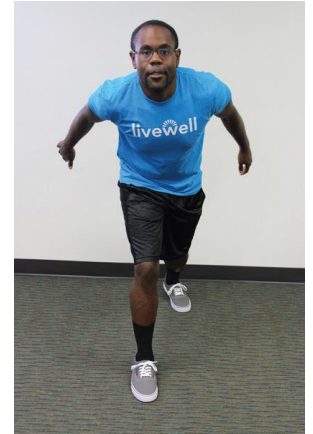
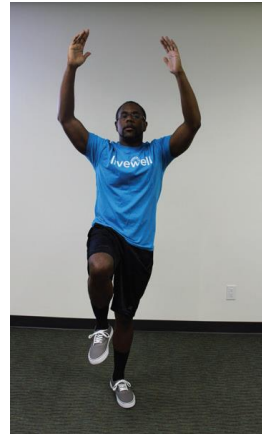
1. Around the World
2. Palm Tree
3. Side Twist
4. Mindful Breathing



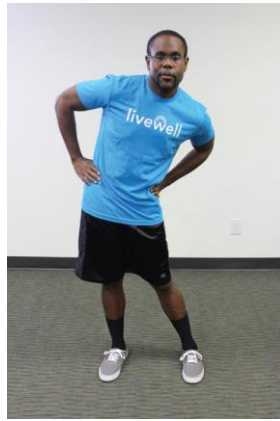
1. **Bow and Arrow:** Start with your arms in front of you, then raise your left knee up and bring your arms towards your hips. Alternate knees.



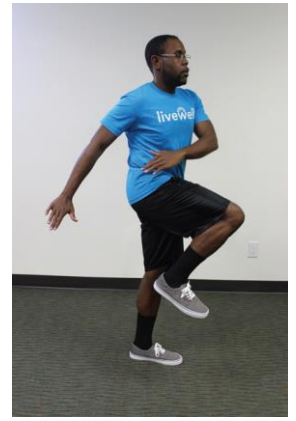
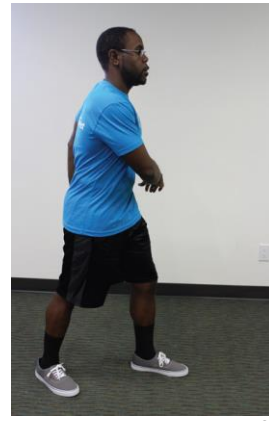
2. **Jumping Jack:** Step to the side or jump out and raise your arms up over your head. Jump with your feet back together and bring your arms down.



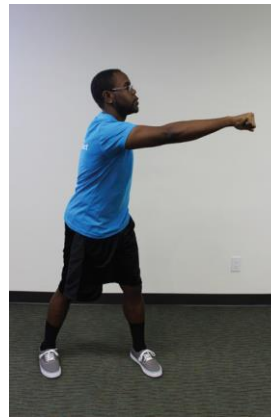
3. **Warrior Lift:** Lift your right knee up and put both arms above your head. Then, bring your leg and both your arms down behind you. Alternate legs.



4. **Hip Swing** Put your hands on your hips and lean your hip from one side to the other.



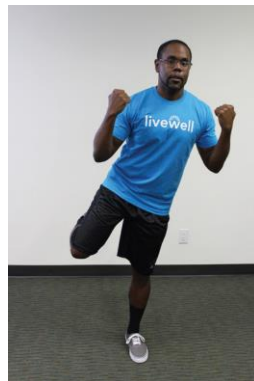
5. **Heisman Knee Lift:** Turn your body to the right as you bring your right knee up. Alternate sides.



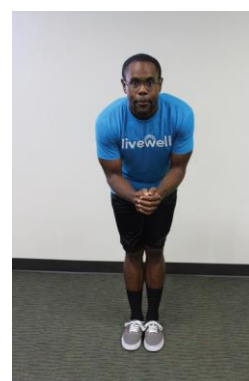
6. **Step-Cross-Punch:** Step to the side with your left foot and punch with your right arm. Alternate sides.



7. **Speed Bag:** Raise arms up diagonally and punch quickly like you are punching a speed bag. Alternate sides.



8. **Bicep Curl:** Bring your arms up to your shoulders as you kick your leg back towards your bottom. Alternate legs.



9. **Hulk:** Bend forward at the hips and bring your arms up to the sides of your face, bent at a 90-degree angle.



- 10. Fireworks:** Jump up and spread out your arms and legs as you pretend to explode like a firework.

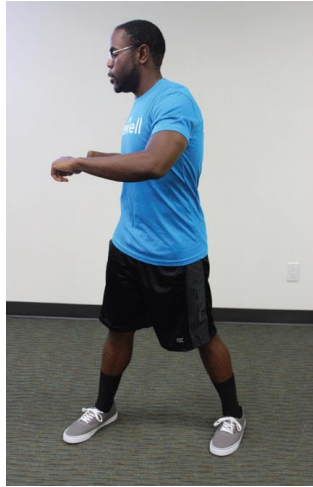
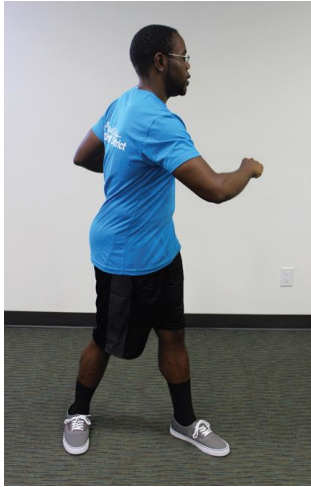
Cool Down



- 1. Around the World:** Put both arms together and stretch up, down and around.



- 2. Palm Tree:** Put your arms together above your head and stretch from side to side like a palm tree blowing in the breeze.



3. **Side Twist:** Lean slightly forward and twist from side to side.
4. **Mindful Breathing:** Close your eyes and take deep breaths in through your nose and out through your mouth.