



# SQUAT CHALLENGE

## BRAIN BOOST STRATEGIES

### LESSON PLAN

#### Purpose

Brain Boost activities are short bursts of movement meant to energize the body and brain. It refreshes our thinking and helps us discover another solution to a problem or see a situation through a different lens. Teachers need less than 5 minutes for these exercises to make an impact on learning.

#### Materials

- Squat Challenge Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- [Squat Challenge Video for Students](#)

#### Procedure:

- Play the student video for the students to follow along
- When the "DOWN" word and arrow are displayed, students will hold a squat position until the video displays "UP"
- When the "UP" word and arrow are displayed, students will rise to the standing position and wait until the video displays "DOWN"
- Continue until the end of the video or until the teacher stops activity

#### Modifications:

- Students could sit in a chair for "DOWN"
- Students could raise and lower arms as they squat and stand
- Students could do calf raises instead of squats
- Students who would like a more difficult challenge could do push ups instead



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