



SUIT UP FOR FITNESS

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

- Suit up for Fitness Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- Deck of Playing Cards
- [List of Exercises](#)

Procedure:

- Assign one exercise to each of the four card suits (ex: hearts = squats; diamonds = jumping jacks; clubs = calf raises; spades = side hops)
- Give each student a playing card
- Students perform the exercise based on the suit it belongs to and the number on the card (ex. 7 of hearts = 7 squats)
- Face cards (A, K, Q, J) equal 10 reps
- Students exchange cards when finished and continue exercising and exchanging cards until the teacher calls time

Modifications:

- This can also be done as a whole group with the teacher holding a card and all students doing the same exercise



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