



Opposites Challenge

OPPOSITES 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

- Opposites Challenge Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- List of opposites examples

Procedure:

- Call out an action and direction; the class must do the action in the opposite direction or side

-Examples:

- **Teacher Says:** Reach Down **Students:** Reach Up
- **Teacher Says:** Hop on right foot **Students:** Hop on left foot
- **Teacher Says:** Arm circles forward **Students:** Arm circles backwards
- **Teacher Says:** Stretch to the left **Students:** Stretch to the right

Modifications:

- This can be done sitting or standing
- Students can take turns calling out the action and direction



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LIST OF OPPOSITES EXERCISES

Teacher Says: Side lunge right
Teacher Says: Bend to the left
Teacher Says: Side Jack left
Teacher Says: Stretch to the left
Teacher Says: Air Punches right arm
Teacher Says: Wood Chops right side
Teacher Says: Leg Lift 3 Ways right leg
Teacher Says: Bow Extensions left leg
Teacher Says: Right arm Overhead Press
Teacher Says: Left leg Balance
Teacher Says: Elbow to Knee right side
Teacher Says: Right leg Toe Touches
Teacher Says: Trapezius Squeeze left side
Teacher Says: Seated right Leg Extension
Teacher Says: Left Shoulder Taps

Students: Side lunge left
Students: Bend to the right
Students: Side jack right
Students: Stretch to the right
Students: Air Punches left arm
Students: Wood Chops left side
Students: Leg Lift 3 Ways left leg
Students: Bow Extensions right leg
Students: Left arm Overhead Press
Students: Right leg Balance
Students: Elbow to Knee left side
Students: Left leg Toe Touches
Students: Trapezius Squeeze right side
Students: Seated left Leg Extension
Students: Right Shoulder Taps



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