**BRAIN BREAKS – Walk this way**

Students walk each way for 10 steps each – as warm-up: 10 steps on the spot

1. Baby steps
2. Giant steps
3. Backwards
4. Limping
5. Fast
6. Tip-toes
7. Walk while you sink/go down in your knees – walking with deep knee bends
8. Walk sideways
9. Walk on your heels, only
10. Walk on your balls of the foot, only