

Who developed Gymology?

Kelly Kujava has worked as a physical and health education teacher for the past 5 years on Chicago's Westside.

Ms. Kujava designed these workouts for her own school to use as a way to add physical activity into an already busy school day. She leads exercises like these every day over her school's PA system.

In 2006 the School Systems Working Group of the Consortium to Lower Obesity in Chicago Children recognized her efforts as part of its Innovative Practices contest.

Physical Activity and School Performance

These activities help meet Illinois Learning Standards Health and Physical Development Goals 19 & 20 and help students achieve the recommended 60 minutes of physical activity each day.

Several U.S. school districts have shown that regular physical activity is related to higher standardized test scores.

“GYMOLOGY®”

Easy Ways to Integrate Fitness into Every Classroom

Inside you will find 3 sets of 10-minute fitness breaks. You can execute them together in one session or in three 10-minute segments. This works over the PA system, at an all school assembly, or individually within each classroom.

*Designed to support
Chicago Moves Day 2007*

Sponsored by the Consortium to Lower
Obesity in Chicago Children
www.clocc.net

Have a blast!

Morning Gymology Jump Start

Midday Gymology Booster

Afternoon Gymology Topper

<p>Stand up tall, next to your desk, in your own personal space and let's get started! 30 Jumping Jax, Ready, begin! Count with me! Let's see that energy! Wake up everybody! It's a great day!</p>	<p>Stand up tall, next to your desk, in your own personal space and let's go! I'm going to call out body parts and you're going to touch the body part I call as quickly as you can! Teachers help me out and let's see who's doing their best! Nose, arm, chin, ankle, ear, foot, elbow, wrist, neck, shoulder, eyebrow, teeth, cheek, leg, forehead, knee, thumb, mouth, side, hip, lip.</p>	<p>Stand up tall, next to your desk, in your own personal space & let's go! Slowly extend both your arms overhead as high as possible and hold them there 20 seconds. Reach arms out to your sides, bend your right elbow, look over your left shoulder; hold for 10 seconds, switch arms and repeat. Shake your arms---shake the rain off all the way down to your fingertips!</p>
<p>Take it right into a march! March in place and pump your arms. Standing tall and proud! Lift your knees to your chest! (60 seconds) Now step your feet together & apart: in-in, out-out, repeat... (60 seconds)</p>	<p>Let's walk our hands down to the ground and get into a push-up position. Put your hands behind a line of tile on the floor or an imaginary line, while keeping your hands below your shoulders. Walk your hands forward & backward over the line as you count 1-2-3-4. (60 seconds) Relax, sitting back on heels then repeat! (60 seconds)</p>	<p>Standing with your legs together, bend in half at your belly button, like an envelope, and let your hands hang down. Take slow, deep breaths and send the oxygen to your muscles as you feel a stretch in your back and hamstring muscles on the backs of your legs while your hands get closer to your toes. Don't bounce, just hang gently. Rise slowly, cross one leg in front of the other & bend in half again; hold & repeat with opposite leg. Continue to breathe slowly.</p>
<p>March legs shoulder-width apart-legs like an "A" & lunge right & left, hands on your hips. (30 seconds) Keep lunging & place arms out like a letter "T", now reach over head with one arm & pull back, like a bow & arrow, repeat...switch arms and repeat (90 seconds)</p>	<p>Find your personal space on the floor and let's work our abdominal muscles! Pretzel-legs and hands on your chest or behind your hand, chin pointing towards the sky. Let's use our tummy muscles to lift our head, neck and shoulders off of the ground for 2 minutes straight. Ready, begin!</p>	<p>Sit on the floor facing your neighbor with legs in an "A", extended straight, your feet touching your neighbor's feet. Lean forward toward the same leg and try to hold onto your neighbor's toes. Hold the stretch for 10 seconds & switch legs. Put your legs together, feet touching your neighbors, try to join hands & hold the stretch for 20 seconds. Keep hands joined, bend your knees and stand at the same time, helping each other balance!</p>
<p>Grab your imaginary jump rope and let's jump rope in place: forward turns; backward turns; criss-cross. Keep turning the rope any way you choose and kick your heels to your bottom. (2 min)</p>	<p>Roll over to your stomach and stretch your arms and legs straight out in front and behind you. We're going to strengthen our back muscles that are opposite our abdominals by doing the Superman-Superwoman! Squeeze your lower back muscles and lift your arms & legs off of the floor then slowly back down. Don't flop like a fish! You're a superhero! Let's do 15, nice and controlled.</p>	<p>In your own personal space, lie flat on your back with your legs extended and arms straight at your sides. Bring your left knee to your chest, grabbing under the knee with both your hands. Pull and hold your knee for 10 seconds, keep your right leg straight on the floor. Switch & repeat with your right knee to your chest. Switch again—stretch each leg twice. Then curl into a tight little ball, both knees into your chest, hold 10 seconds and release!</p>
<p>Squat-throughs are next! Squat down and touch the floor like a frog. Next, jump your legs out to a push-up position, stay flat like a board, then jump your legs back in and spring up to a standing position! Let's do 10! When finished, take 3 deep breaths extending arms over your head and down.</p>	<p>Push up into a mountain-climber position. Hands and feet flat on the floor with arms and legs straight. We've got to reach the top of the mountain in order to get back to class! So, bend your knees into your chest and, one leg at a time and let's run up that mountain when I say, "Go!" Ready, "Go!" You can do it!</p>	<p>Roll over to your stomach, and then reach back and grab your feet with your hands. Try to make a bowl shape with your body by raising up your chest and legs and rocking on your stomach. Stand up slowly, then wiggle & shake like Jell-O! Shake your head, arms, legs, feet...shake it out! Give yourself a pat on the back! Give your neighbor a high-5 and say, "We did it!"</p>