The challenge of doing activity breaks in the classroom is determining the appropriate amount of space to participate in the planned activities that will not result in disruptive behavior or injuries. In and effort to meet this challenge we have calculated the range of motion of exercising children ages 6-12 years and have determined how much space each child will require to move at the appropriate intensity. This section focuses on how to rearrange your classroom using zoned areas to complete each activity break. Whether you choose to arrange the desks in your classroom using a standard grid, U-shape, or small group format all of the floor plans are designed to help you and your students move!
Definition: Individual Zone

Guidelines:

- Children are going to move around and bump into each other, make sure they are aware of their surroundings and maintain adequate clearance zones for their body.
- Have them wave their arms and legs to make sure they are not bumping into each other or the desk.
- When possible space each student 36-48 inches apart asking them to maintain at least 6 inches between each other with arms extended in front and to their sides.
Definition: Active Zone

Guidelines:

- When using cones to space the children, have the children stoop into a crotched position and extend their arms the full length forward, and backward to place their clear zone.
- When placing the locators for children make sure to maintain 36-48 inches between location dots.
- For linear movements buffer zones of 48 inches or greater should be maintained for jumping activities, and 60 inches or greater for linear displacement activities that include but are not limited to marching or running while not in place.
Zoned Activities: Grid Scheme 1

Guidelines:
• Maintain a minimum clearance of 32 inches between the backs of chairs situated at each desk and other objects, and provide additional buffering from desk to wall or other fixed items when possible.
• Maintain a minimum clearance of 12 inches between the desk and the Activity Zone defined by Zone# in the diagrams.
• During activities for this configuration students are capable of linear movement and activities where they maintain a fixed location.
• Linear movement activities are possible along the left in the plan. Maintain a 12-inch buffer zone adjacent to desk.
• The number of desks per classroom is optional and based on attendance.
Zoned Activities: Grid Scheme 1

Notations in Diagrams:

B  Buffer Zones
D  Location of desk on axis
Z  Zones
#  Number of desk per the configuration
Classroom Redesign

Zoned Activities: Grid Scheme 2

Guidelines:

- Maintain a minimum clearance of 32 inches between the backs of chairs situated at each desk and other objects, and provide additional buffering from desk to wall or other fixed items when possible.
- Maintain a minimum clearance of 12 inches between the desk and the Activity Zone defined by Zone# in the diagrams.
- During activities for this configuration students are capable of linear movement and activities where they maintain a fixed location.
- Linear movement activities are possible along the right in the plan above. Maintain a 12 inch buffer zone adjacent to desk.
- The number of desks per classroom is optional and based on attendance.
Zoned Activities: Grid Scheme 2

Notations in Diagrams:

B  Buffer Zones
D  Location of desk on axis
Z  Zones
#  Number of desk per the configuration
Zoned Activities: Intersecting Scheme 1

Guidelines:

- Maintain a minimum clearance of 32 inches between the backs of chairs situated at each desk and other objects, and provide additional buffering from desk to wall or other fixed items when possible.
- Maintain a minimum clearance of 12-24 inches as shown between the desk and the Activity Zone defined by Zone# in the diagrams.
- During activities for this configuration students capable of linear movement and activities where they maintain a fixed location.
- Linear movement activities are possible along the bottom in the plan above. Maintain a 24 inch buffer zone adjacent to inside desk.
- The number of desks per classroom is optional and based on attendance.
Zoned Activities: Intersecting Scheme 1

Notations in Diagrams:

B  Buffer Zones
D  Location of desk on axis
Z  Zones
#  Number of desk per the configuration
Zoned Activities: Isolated Scheme 1

Guidelines:

- Maintain a minimum clearance of 32 inches between the backs of chairs situated at each desk and other objects, and provide additional buffering from desk to wall or other fixed items when possible.
- Maintain a minimum clearance of 12 inches between the desk and the Activity Zone defined by Zone# in the diagrams.
- During activities for this configuration students are expected to maintain their location to a fixed spot.
- Linear movement activities are possible along the left and right in the plan above but discouraged based on inadequate buffer zones adjacent to desk.
- The number of desks per classroom is optional and based on attendance.
Zoned Activities: Isolated Scheme 1

Notations in Diagrams:

B  Buffer Zones
D  Location of desk on axis
Z  Zones
#  Number of desk per the configuration
Guidelines:

- Maintain a minimum clearance of 32 inches between the backs of chairs situated at each desk and other objects, and provide additional buffering from desk to wall or other fixed items when possible.
- Maintain a minimum clearance of 12 inches between the desk and the Activity Zone defined by Zone# in the diagrams.
- During activities for this configuration students are expected to maintain their location to a fixed spot.
- Linear movement activities are possible along the left and right in the plan above but discouraged based on inadequate buffer zones adjacent to desk.
- The number of desks per classroom is optional and based on attendance.
Zoned Activities: Isolated Scheme 2

Notations in Diagrams:

B  Buffer Zones
D  Location of desk on axis
Z  Zones
#  Number of desk per the configuration
Zoned Activities: Linear Scheme 1

Guidelines:

- Maintain a minimum clearance of 32 inches between the backs of chairs situated at each desk and other objects, and provide additional buffering from desk to wall or other fixed items when possible.
- Maintain a minimum clearance of 12 inches between the desk and the Activity Zone defined by Zone# in the diagrams.
- During activities for this configuration students are capable of linear movement and activities where they maintain a fixed location.
- Linear movement activities are possible along the left in the plan above. Maintain a 12-inch buffer zone adjacent to desk.
- The number of desks per classroom is optional and based on attendance.
Zoned Activities: Linear Scheme 1

Notations in Diagrams:

B  Buffer Zones
D  Location of desk on axis
Z  Zones
#  Number of desk per the configuration
Zoned Activities: Linear Scheme 2

Guidelines:

• Maintain a minimum clearance of 32 inches between the backs of chairs situated at each desk and other objects, and provide additional buffering from desk to wall or other fixed items when possible.
• Maintain a minimum clearance of 12 inches between the desk and the Activity Zone defined by Zone# in the diagrams.
• During activities for this configuration students are capable of linear movement and activities where they maintain a fixed location.
• Linear movement activities are possible along the right in the plan above. Maintain a 12-inch buffer zone adjacent to desk.
• The number of desks per classroom is optional and based on attendance.
Zoned: Activities: Linear Scheme 2

Notations in Diagrams:

B  Buffer Zones
D  Location of desk on axis
Z  Zones
#  Number of desk per the configuration
Zoned Activities: Turning Scheme 1

**Guidelines:**

- Maintain a minimum clearance of 32 inches between the backs of chairs situated at each desk and other objects, and provide additional buffering from desk to wall or other fixed items when possible.
- Maintain a minimum clearance of 12 inches between the desk and the Activity Zone defined by Zone# in the diagrams.
- During activities for this configuration students are capable of linear movement and activities where they maintain a fixed location.
- Linear movement activities are possible along the left in the plan above. Maintain a 12-inch buffer zone adjacent to each desk.
- The number of desks per classroom is optional and based on attendance.
Zoned Activities: Turning Scheme 1

Notations in Diagrams:

B  Buffer Zones
D  Location of desk on axis
Z  Zones
#  Number of desk per the configuration
Guidelines:

- Maintain a minimum clearance of 32 inches between the backs of chairs situated at each desk and other objects, and provide additional buffering from desk to wall or other fixed items when possible.
- Maintain a minimum clearance of 12 inches between the desk and the Activity Zone defined by Zone# in the diagrams.
- During activities for this configuration students are capable of linear movement and activities where they maintain a fixed location.
- Linear movement activities are possible along the right in the plan above. Maintain a 12-inch buffer zone adjacent to desk.
- The number of desks per classroom is optional and based on attendance.
Zoned Activities: Turning Scheme 2

Notations in Diagrams:

- **B**: Buffer Zones
- **D**: Location of desk on axis
- **Z**: Zones
- **#**: Number of desk per the configuration
Frequently Asked Questions

• Will I need to rearrange the classrooms before the activity breaks?
  ○ Depending on the activity break, you may need to rearrange your classroom. However, it is our goal to make sure that the activity breaks are easy to incorporate, with relatively little to no rearrangements needed.

• Are activity breaks only designed for the classroom?
  ○ Activity breaks within this manual are designed for the classroom, but can be performed in other spaces as well (hallway, cafeteria, etc.).

• What kinds of equipment do we need for the activity breaks?
  ○ Many of the activity breaks have been designed to be easily incorporated into the classroom, using equipment such as playing cards, chairs, and maps, along with many other equipment commonly found in most classrooms.

• What if I cannot play music in the classroom or do not have a sound system available?
  ○ If a classroom does not have a sound system available, there are still several other activity breaks that do not need music or a sound system.