



Move with the cats!

Five follow-along brain breaks with Coach Ginge, Sugar and Fluffy. Four to five minutes each, done standing up, no equipment. Coach Ginge calls every move before it comes, so nobody has to learn it first.

For ages 4–9 • EYFS, KS1 and lower KS2 • Pre-K to 3rd grade



Laser Run 4½ min

The laser dot has escaped from Coach Ginge's toy box. Catch it before bedtime!

JUMP • DUCK • DODGE • POSE • FREEZE for the dino • POUNCE

Four worlds, a “Would you rather...?” and the Golden Paw at the end.



youtu.be/MmbJM5ZHxFk



Rooftop Rundown 5 min

The dot has bounced up onto the city rooftops. Catch it before the fireworks!

JUMP • CLIMB the ladders • BALANCE on one leg • DUCK • FREEZE for the bulldog

Balance and climbing this time, with the pigeons in the way.



youtu.be/pRU3sL_ftXc



Dance Party 5 min

The funfair's lights have gone out. Every dance move lights them up again!

MARCH • SWAY • TWIST • GALLOP • freeze dance • JUMPING JACKS • cool-down

Four songs that get a little faster, then a calm stretch to finish.



youtu.be/7yDlx5ZQvIw



Beach Dash 4 min

A brand new dance on the beach! Step on the paw prints and watch the sandcastle grow.

MARCH • CLAP • PUNCH • JUMPING JACKS • surfboard HOPS • SURF, SWIM & SHAKE

One song with dance breaks: follow a cat, or follow the paw prints.



youtu.be/4oVSxus4JaU



Halloween Dance-Along 4 min

A dance-along in a felt pumpkin patch at dusk, with Boo the friendly ghost kitten!

MARCH • STEP OUT • PUNCH • JUMPING JACKS • leaf-pile JUMPS • FLAP like a bat • FLOAT like Boo

Follow a cat or the paw prints; cosy and friendly, never scary.



youtu.be/IRCdzhXyaAc

In the classroom

- Put it on the board. Everyone stands up with an arm's length of space.
- Copy the cats. The move is called out and shown before it comes.
- **FREEZE** is the listening game: when the dino or the bulldog turns round, don't move a whisker.
- One a day as a brain break, or two or three back to back for a longer PE warm-up.

Good to know

- Free on YouTube, no sign-up. Marked *made for kids*: no comments, no targeted ads.
- Each one has a mission and a Golden Paw to earn at the end.
- Works for indoor recess, rainy days and family movement time at home too.
- Scan a code or type the short link; coachginge.com has all five, this card and the award.



coachginge.com

coachginge.com • all five brain breaks, this card and the Golden Paw award

New adventures on the way. Ask a grown-up to subscribe on YouTube to see the next one.

Coach Ginge, Sugar and Fluffy are made with love, with the help of AI tools, in memory of a real ginger Persian cat.