

Fitness & Games 1-2 (Lesson Plan 1)

Teacher: *Toria Talbott*

Music options:

Song	Artist	Link
Happier	Marshmello ft. Bastille	https://www.youtube.com/watch?v=RE87rQkXdNw
Best Day of My Life	American Authors	https://www.youtube.com/watch?v=0fTUj9mfnUk
Soul Sister	Train	https://www.youtube.com/watch?v=JloUN9j9cJ8
Count On Me	Bruno Mars	https://www.youtube.com/watch?v=Msl2fl3h59l
Thunder	Imagine Dragons	https://www.youtube.com/watch?v=GtEvysh1654
Believer	Imagine Dragons	https://www.youtube.com/watch?v=W0DM5lcj6mw
Roar	Katy Perry	https://www.youtube.com/watch?v=9VcDnWMOBtw
Happy	Pharrell Williams	https://www.youtube.com/watch?v=cmCDqX3ngfA
Lost Boy	Ruth B	https://www.youtube.com/watch?v=QvVzFS4Vyf0
Waka Waka	Shakira	https://www.youtube.com/watch?v=bi_Dz1Yr5Tg

- ★ Before you start, turn on some fun and upbeat music. (option to use suggested music from the list above)

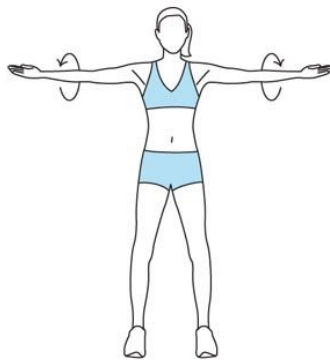
1) Warm-up Cardio:

- a) Depending on your available space, start with a light jog either in place or moving around. If you have the option, run outside.
 - i) Jog for at least 1 minute. (option to jog longer)
- b) Next, do at least 20 jumping jacks. (For more of a challenge try for 50, or if you have a parent/guardian/sibling willing to participate, challenge them to see who can do the most jumping jacks.)



i)

- c) Next, stand in place and circle your arms 10 times to the front and the back.



i)

★ *Grab a quick drink of water. It is always important to stay hydrated while performing a physical activity.*

2) Stretches:

- a) Reach both arms up as high as you can. Then bend forward at the hips keeping the knees straight and try to touch your toes.

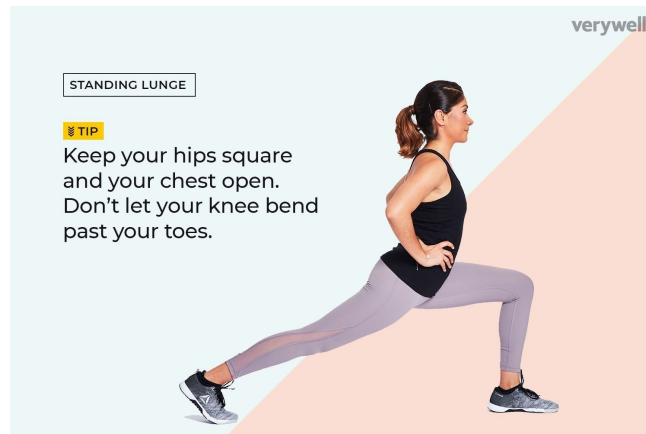
i) Repeat this 5 times, counting 10 second each time.



ii)

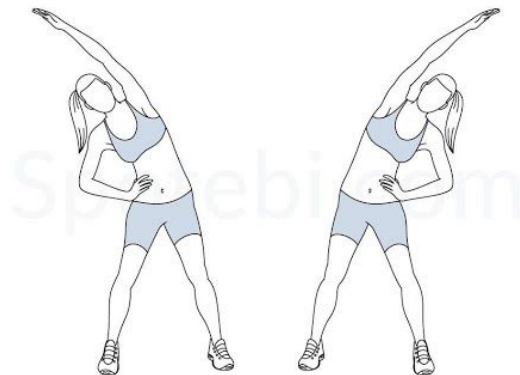
- b) Step one leg forward into a lunge position. The front leg should be bent with the knee in-line with the ankle and the back leg should be straight. (As shown in the diagram below)

i) Hold stretch on both sides for 30 seconds.



ii)

- c) Stand with your legs apart placing one hand on your hip and the other straight up. Reach the arm that is straight to the opposite side creating a side curve. (As shown in the diagram below)

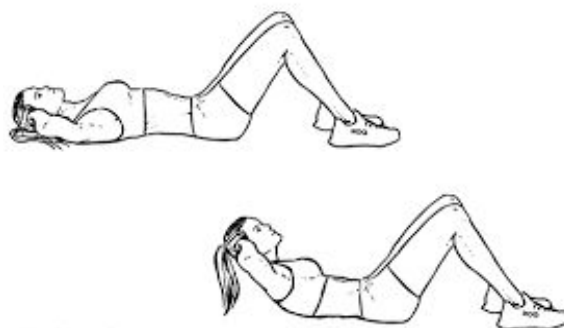


i)

3) Conditioning:

- a) Lay on your back with your knees bent at a 90 degree angle and your hands behind your head with your elbows to the side. Using your abdominal muscles lift your head off the ground while maintaining space between your chin and your chest. (imagine you have a big orange under your chin and you can't squish it)

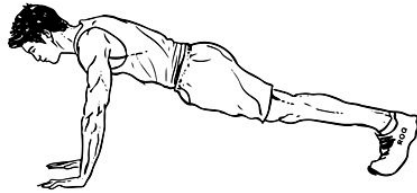
- i) Do 10 crunches, and try to challenge yourself to do more.



ii)

WorkoutLabs.com

- b) Next, make your way to a plank/push-position and hold it for 20 seconds. .



i)

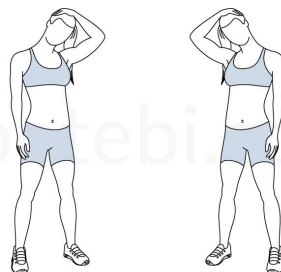
★ *Grab a quick drink of water.*

4) Game: "Chalk Spot Challenge"

- a) Materials: Chalk, (*if you do not have chalk draw, on a piece of paper) bean bag (*if you don't have a bean bag another option is to fill a sandwich bag with with rice)
- b) Use chalk to draw a target (on the ground or a wall). Your target could be an X, a circle, or even a series of shapes.
- c) Try to hit your target with a bean bag. For more of a challenge make multiple targets and have a parent/guardian/sibling call out the shapes so the player can aim at a certain one.
- i) Option to use water squirters, Nerf balls or darts, and so on.

5) Cool Down:

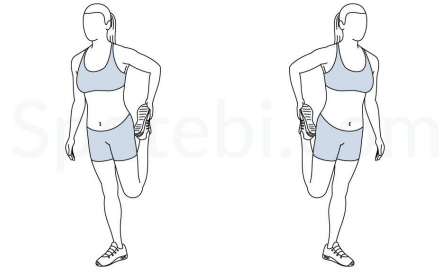
- a) Stand upright with your feet hip-distance apart. Take one arm over the head and grab the opposite ear. Gently pull your head to the side of the working arm and stretch your neck muscles like in the diagram below. (As shown in the diagram below)



i)

- b) Stand up tall and grab one foot with your hand and pull your foot to your glutes while keeping your knee towards the ground like in the diagram below.

i) Hold each foot for 30 seconds.



ii)

c) Stand facing a wall with one foot forward. Place your hands on the wall in front of you and bend your front leg while keeping your back leg straight. (As shown in the diagram below)



i)