

Fitness & Games 1-2 (Lesson Plan 2)

Teacher: *Toria Talbott*

Song	Artist	Link
Dog Days Are Over	Florence + The Machine	https://www.youtube.com/watch?v=ny4deVFsYuo
Riptide	Vance Joy	https://www.youtube.com/watch?v=MsTWpbR_TVE
I Gotta Feeling	The Black Eyed Peas	https://www.youtube.com/watch?v=CwdrtwZiQ9E
Who Says	Selena Gomez	https://www.youtube.com/watch?v=akaRg5C1VO8
Just The Way Your Are	Bruno Marz	https://www.youtube.com/watch?v=GAd4ltXHBVE
I'm Yours	Jason Mraz	https://www.youtube.com/watch?v=RILP53OR63k
Girl On Fire	Alicia Keys	https://www.youtube.com/watch?v=nprTYwnauZw
On Top Of The World	Imagine Dragons	https://www.youtube.com/watch?v=g8PrTzLaLHc
Our Generation	John Legend	https://www.youtube.com/watch?v=atZ3DGhUWKU
Love Generation	Bob Sinclar	https://www.youtube.com/watch?v=pE9GzqxBQdo

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

1. Cardio Warm-up:

- 1.1. Bear Crawls: Start with your palms and feet flat on the floor, arch your back so that you look like a momma bear. Race around the space you have. (Add some fun by having a competition! Do the activity with a partner and see who can "roar" the loudest?)



1.1.1.

- 1.2. Side Lunge: Keeping your arms in front of you stand with your leg wide to the side. Bend one leg and keep one leg straight, then shift your weight from one leg to the other. Count to 30 out loud.

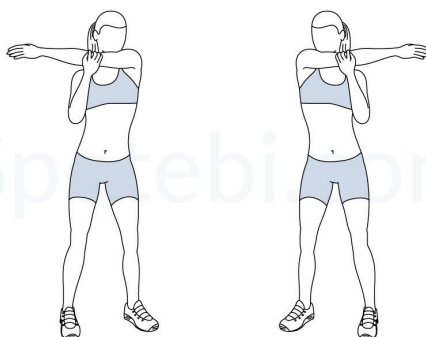


1.2.1.

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

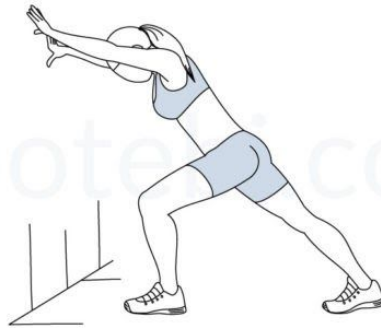
2. Stretches:

- 2.1. Shoulder stretch: Keep one arm straight and reach it across your body. Use the other arm to gently pull the straight arm towards yourself. hold each side for 20 seconds.



2.1.1.

- 2.2. Calf Stretch: 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)



2.2.1.

- 2.3. Quad Stretch: 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.

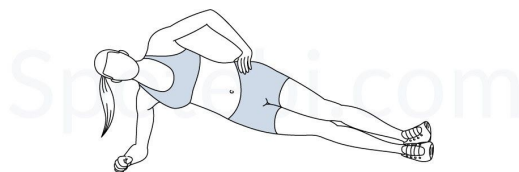
- 2.3.1. Hold each foot for 30 seconds.



2.3.2.

3. Conditioning:

- 3.1. Side plank: Lay on your side and hold your body in a straight position supported only by one arm and the side of one foot. Hold for 20 seconds on each side. (as shown in the diagram below)



3.1.1.

3.2. Jumping jacks: Do 15 jumping jacks. Count out loud.



3.2.1.

4. Game: *Solo Balloon Volleyball*

4.1. Materials: Ribbon, balloon.

4.2. Volleyball is usually a team sport, but it's a lot of fun for one, too. All you need is a balloon and (with a few boundaries set) it can be an indoor game.

4.3. Start by setting up a ribbon to act as a net and blow up a balloon for a ball. Then challenge yourself to play volleyball on both sides of the net! Hit the balloon up and over the ribbon, then scoot under to hit it from the other side, and so on until the balloon wafts to the ground.

4.4. Count how many times you are able to hit the balloon over the ribbon before it falls to the ground. Record your scores and note your best attempt.