

## Fitness & Games 1-2 (Lesson Plan 3)

Teacher: *Toria Talbott*

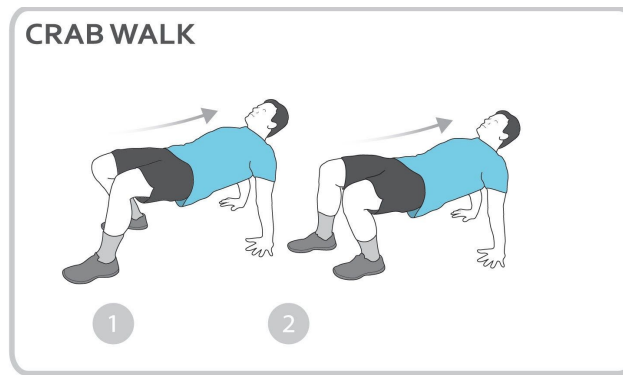
Music options:

Song	Artist	Link
What Makes You Beautiful	One Direction	<a href="https://www.youtube.com/watch?v=QJO3ROT-A4E&amp;list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&amp;index=4">https://www.youtube.com/watch?v=QJO3ROT-A4E&amp;list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&amp;index=4</a>
Dance With Me Tonight	Olly Murs	<a href="https://www.youtube.com/watch?v=iFQAdLJz8G4">https://www.youtube.com/watch?v=iFQAdLJz8G4</a>
Forget You	Cee Lo Green	<a href="https://www.youtube.com/watch?v=PPkrEL_GuW8">https://www.youtube.com/watch?v=PPkrEL_GuW8</a>
Live While We're Young	One Direction	<a href="https://www.youtube.com/watch?v=_Uorz7yilr8">https://www.youtube.com/watch?v=_Uorz7yilr8</a>
Saturday Night	Whigfield	<a href="https://www.youtube.com/watch?v=j3CWkayic5Y">https://www.youtube.com/watch?v=j3CWkayic5Y</a>
Dancing Queen	Abba	<a href="https://www.youtube.com/watch?v=AZGR_fz-oxA">https://www.youtube.com/watch?v=AZGR_fz-oxA</a>
Boom Clap	Charli XCX	<a href="https://www.youtube.com/watch?v=Dzvs8P4kk_8">https://www.youtube.com/watch?v=Dzvs8P4kk_8</a>
Car Wash	Rose Royce	<a href="https://www.youtube.com/watch?v=PkxaunLybuM&amp;list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&amp;index=21">https://www.youtube.com/watch?v=PkxaunLybuM&amp;list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&amp;index=21</a>
I Wanna Dance With Somebody	Whitney Houston	<a href="https://www.youtube.com/watch?v=AZGR_fz-oxA">https://www.youtube.com/watch?v=AZGR_fz-oxA</a>
Good Time	Owl City ft. Carly Rae Jepsen	<a href="https://www.youtube.com/watch?v=cmLSizwDGj4">https://www.youtube.com/watch?v=cmLSizwDGj4</a>

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

### 1. Warm-up Cardio:

- 1.1. Crab Walk: Start by sitting on the floor with your feet out in front of you, hip-width apart. Plant your palms behind you and push up onto your hands and feet so your hips are raised. Then walk back and forth for a minute – you'll be surprised how tough it is to keep scuttling.



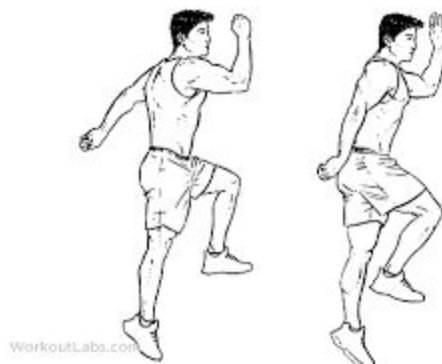
1.1.1.

- 1.2. Scissor Jumps: Begin in a standing position with one foot in front of the other. Jump up and switch the locations of your front foot and your back foot. Try this exercise slowly and then speed up the movement. Repeat this movement 20 times.



1.2.1.

- 1.3. Skipping: Step forward with your right foot, and then bring your left knee up and scoot forward at the same time. Immediately step forward with your left foot and raise your right knee into a knee-lift-scoot. Repeat this series of movements 30 times. **Note:** To help the kids remember what to do, say, "Step, knee lift, scoot forward" as they do the exercise.



1.3.1.

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

## 2. Stretches:

- 2.1. Seated Toe Touch: Sit on the floor with your legs straight forward and feet next to one another. Slowly bend forward and touch the toes with hands. Hold the position for 10-30 seconds and return to the original position.



2.1.1.

- 2.2. Butterfly Stretch: Sit up straight and tall with your knees bent. Drop your legs to the sides and bring the soles of your feet together. Grasp your feet and ankles and slowly lean forward, keeping your spine straight. Place your elbows on the tops of your thighs and gently press down until you feel a stretch. If you want more of a stretch, push down on the thighs with your elbows, to move your knees toward the floor.



2.2.1.

### 3. Balance Training:

#### 3.1. Balance Training:

- Before starting make sure to have a timer or a clock available.
- 3.1.1. Start by standing with your feet together and your hands on your hips or straight to the side. Start the timer and pull one foot up to your knee. (Like a flamingo) Time how long you can stand on one leg. Repeat steps on the second leg. Repeat a second time on each leg trying to do better than the first time. Compare each side and determine which leg is easier to stand on.
- 3.1.2. Fun fun, try to invent a “wacky” pose that balances on one foot and repeat the activity.

4. Activity:     *Obstacle Course*

4.1.    Create an obstacle course either in your home or use chalk and make a course outside. Add in specific mental or physical challenges for more fun.

4.2.    Ideas for obstacle courses:

- Crawl under or over a row of chairs.
- Crawl under a string stretched between two chair legs.
- Jump into and out of a Hula-Hoop five times.
- Walk on a balance board.
- Throw a beanbag into a laundry basket.
- Run while balancing a beanbag on your head.
- Do a ring toss.
- Somersault from one point to another.
- Do a handstand.
- Skip in place while reciting a jump rope rhyme.