

Fitness & Games 1-2 (Lesson Plan 4)

Teacher: *Toria Talbott*

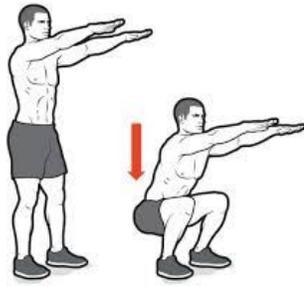
Music options:

Song	Artist	Link
Without You	David Guetta ft. Usher	https://www.youtube.com/watch?v=ZywDWOaQ9GU
Beautiful Soul	Jesse McCartney	https://www.youtube.com/watch?v=fQLKHxhSHno&list=PLFwhUkU59Z5vFpB4mMNhj8vuu05b60VnK&index=15
One Step at a Time	Jordin Sparks	https://www.youtube.com/watch?v=SRUCgpOv9Ck&list=PLFwhUkU59Z5vFpB4mMNhj8vuu05b60VnK&index=21
Pocket Full of Sunshine	Natasha Bedingfield	https://www.youtube.com/watch?v=0btXhLdAuAc&list=PLFwhUkU59Z5vFpB4mMNhj8vuu05b60VnK&index=22
Good Life	OneRepublic	https://www.youtube.com/watch?v=q7QQLSc7QEW
Stuck Like Glue	Sugarland	https://www.youtube.com/watch?v=5Q9Gou6d9Uo&list=PLFwhUkU59Z5vFpB4mMNhj8vuu05b60VnK&index=27
A Thousand Years	Christina Perri	https://www.youtube.com/watch?v=hrM-Bkm4c_I
Life is a Highway	Rascal Flats	https://www.youtube.com/watch?v=s5TlulzXoXo&list=PLFwhUkU59Z5vFpB4mMNhj8vuu05b60VnK&index=31
Love Song	Sara Bareilles	https://www.youtube.com/watch?v=92PsAqPZnQM
Unwritten	Natasha Bedingfield	https://www.youtube.com/watch?v=MXbEWtEnTgI

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

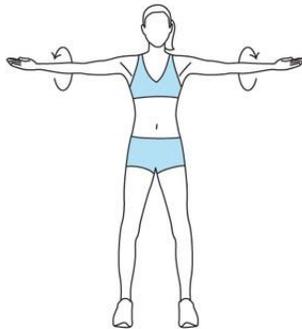
1. Cardio Warm-up:

- 1.1. Squats: To do this one, stand with your feet shoulder's width apart, and do deep knee bends. Make sure to keep your knees behind your toes and your arms out straight. (as shown in the diagram below) Do 10-20 squats.



1.1.1.

- 1.2. Arm Circles: Stand in place and circle your arms 10 times to the front and the back.



1.2.1.

- 1.3. Bear Crawls: Start with your palms and feet flat on the floor, arch your back so that you look like a mamma 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?)



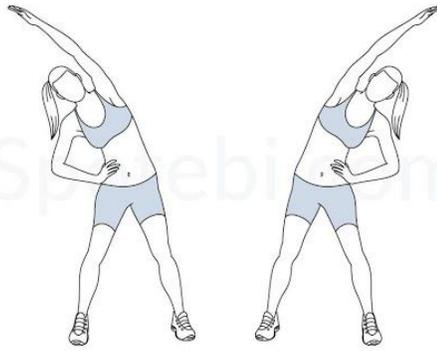
1.3.1.

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

2. Stretches:

- 2.1. Side Stretch: 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) Hold for 20 seconds on each side.



2.1.1.

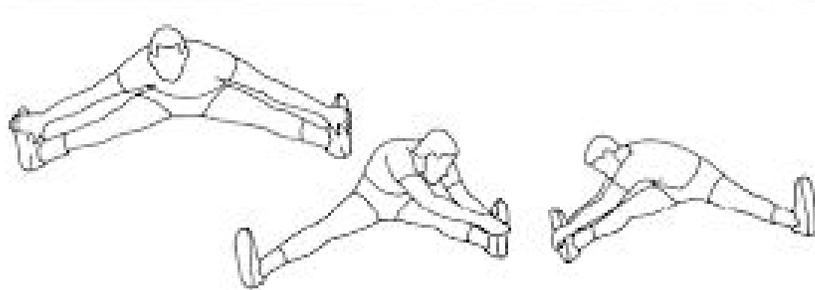
2.2. Forward Bend: Reach both arms up as high as you can. Then bend forward at the hips keeping the knees straight and try to touch your toes.

2.2.1. Repeat this 5 times, counting 10 second each time.



2.2.2.

2.3. Side seat straddle: Sit with legs spread apart in the front. Hold the right shin with two hands and lean forward. Hold this position for a few seconds and come back to the original position. Repeat the same with your left leg.

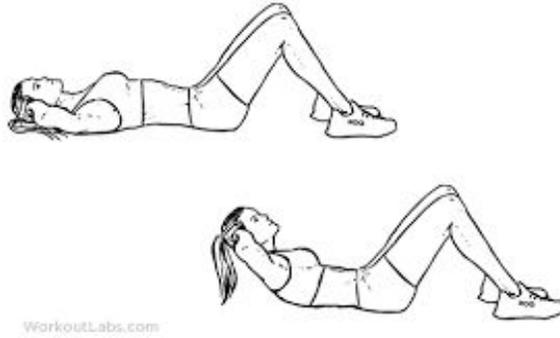


2.3.1.

3. Conditioning:

3.1. Crunches: 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)

3.1.1. Do 10 crunches, and try to challenge yourself to do more.



3.1.2.

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



3.2.1.

4. Activity:

- 4.1. (Option 1) Sock skating: If you have hard surfaces in your house, put on some socks and slide around. Practice spinning and seeing how far you can slide. Pretend you are a professional ice skater in the middle of a frozen pond in the winter. Be careful of furniture, and watch for splinters!
- 4.2. (Option 2) Nature Walk: Go for a nature walk with your parent or older sibling around your neighborhood, in a park, by a pond, or in the woods and investigate the landscape. See how many different critters, small or large, you can find.