

Fitness & Games 1-2 (Lesson Plan 5)

Teacher: *Toria Talbott*

Music Options:

Song	Artist	Link
A Thousand Miles	Vanessa Carlton	https://www.youtube.com/watch?v=ERw2LuU6Jj8
Best Song Ever	One Direction	https://www.youtube.com/watch?v=4XALIOohc0g
Walk Away	Kelly Clarkson	https://www.youtube.com/watch?v=9ALL4fn8fuE
Chasing Cars	Snow Patrol	https://www.youtube.com/watch?v=NINe6ZCRgBQ
Break Even	The Script	https://www.youtube.com/watch?v=e0puK1w7bGo&list=PLFwhUkU59Z5vFpB4mMNHj8vvu05b60VnK&index=66
Burn	Ellie Goulding	https://www.youtube.com/watch?v=_KX1zPv7YqE
Haven't Met You Yet	Michael Bublé	https://www.youtube.com/watch?v=yohpXtf6CaM&list=PLFwhUkU59Z5vFpB4mMNHj8vvu05b60VnK&index=88
Ho Hey	The Lumineers	https://www.youtube.com/watch?v=QmuYiYleTG4
Beating Heart	Ellie Goulding	https://www.youtube.com/watch?v=Ar31xlUSsYI
It's A Beautiful Day	Michael Bublé	https://www.youtube.com/watch?v=rhkrPUXop9w&list=PLFwhUkU59Z5vFpB4mMNHj8vvu05b60VnK&index=122

- ★ 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. Scissor Jumps: Position one leg in front of the other. Jump up and switch legs so the opposite leg is forward. This is an in-place exercise! Repeat back and forth. Count to 10 if you can!



1.1.1.

- 1.2. Cherry Picker: Alternate arms reaching to pick “cherries” off a tree. Pull elbows down by sides and then reach straight up again. Great for shoulder strength! Can you do 10, 20, 30 seconds?
- 1.3. Alternating Superman: Lie face down with your arms stretched above your head (like Superman). Raise your right arm and left leg about 5 to 6 inches off the ground (or as far as you comfortably can). Hold for 3 seconds and relax. Repeat 20 times alternating sides like you’re swimming.

1.3.1.



2. Stretches:

- 2.1. Tricep Stretch: Raise the right arm up overhead, palm facing in towards your head. Then bend the elbow so your fingers touch, or reach toward, the middle of your upper back. Grab the right elbow with the left hand and gently pull back until you feel the stretch in the right tricep. Hold for 10 to 30 seconds. Then switch arms and repeat.



2.1.1.

- 2.2. Cat-Cow: This yoga-influenced stretch is good for the spine and also strengthens the abdominal muscles. Start on all fours with the spine and neck in a neutral position. The back should be flat like a tabletop. Eyes should look straight down to the ground. Inhale, drop the belly down and slowly lift the neck and head up. This is the cow half of the pose—picture a cow's swayed back with bony hips. Next, on an exhale, lift the belly and spine so the back is arched like a cat's. Eyes look toward the belly button. Alternate 5 to 10 cat-cow stretches.



2.2.1.

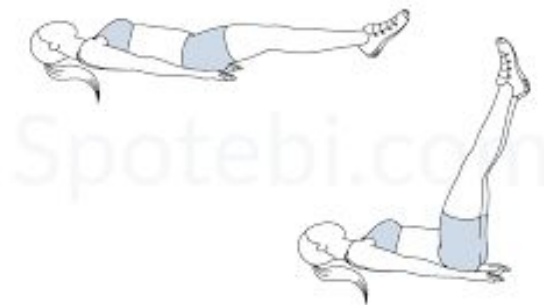
- 2.3. Crossover Toe Touch: Cross the legs while standing with arms hanging loosely at sides and knees very slightly bent. Slowly roll down from the back and reach toward the toes with your hands. Actually touching them is optional! Hold the stretch without bouncing for 30 seconds.



2.3.1.

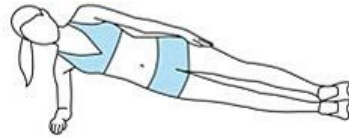
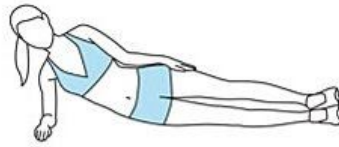
3. Conditioning:

- 3.1. Supine Leg Raise: Lie on your back with your legs straight and together. Keep your legs straight and lift them all the way up to the ceiling. Slowly lower your legs back down till they're just above the floor. Hold for a moment. Raise your legs back up. Repeat 10-15 times.



3.1.1.

- 3.2. Side Plank: Lie on your side with your knees bent, and prop your upper body up on your elbow. Raise your hips off the floor, and hold for 30 seconds. Repeat on the other side.



3.2.1.

4. Activity: *At-home 10-pin bowling*

- 4.1.1. Build and play with your own bowling alley. Don't have bowling pins? That's OK, you can stack items such as blocks, different shaped Tupperware or plastic water bottles. Use whatever balls you have available. (Be careful of furniture or use an outside area if possible) Make your bowling alley as simple or as complex as you want and see how many objects you can knock down from a fair distance. Be creative and try different ways of rolling or tossing the ball. Keep score and try to get better every round.