

Sports & Games 6-8 (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=Msl2fl3h59I
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)*

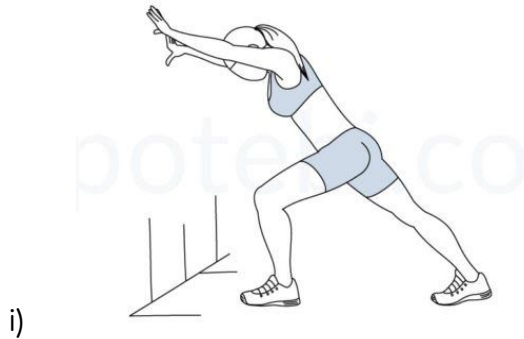
1) Warm-up Cardio:

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

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

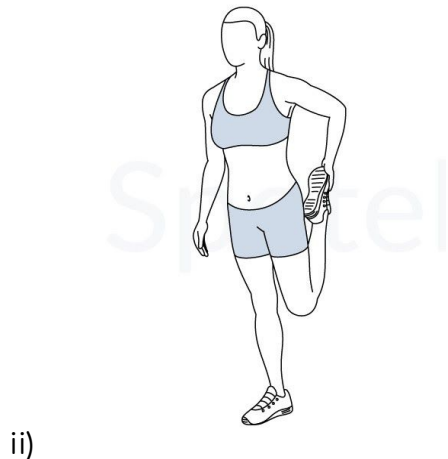
2) Stretches:

- a) 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)

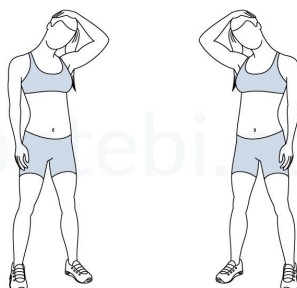


- b) Stand up tall and grab one foot with your hand and pull your foot to your glutes while keeping your knee towards the ground like in the diagram below.

- i) Hold each foot for 30 seconds.



- c) Next, 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.



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 at least 20 crunches, and try to challenge yourself to do more.



- ii)

WorkoutLabs.com

- b) Next, make your way to a plank/push-position and do 10-15 push-ups.



- i)

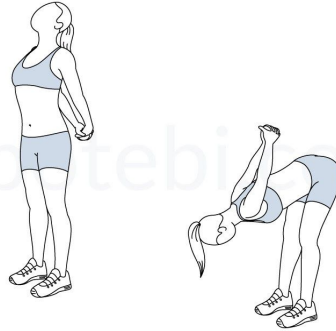
★ Grab a quick drink of water.

4) Sport/Game: Solo Balloon Volleyball

- a) Materials: Ribbon, balloon.
- b) 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.
- c) 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.
- d) 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.

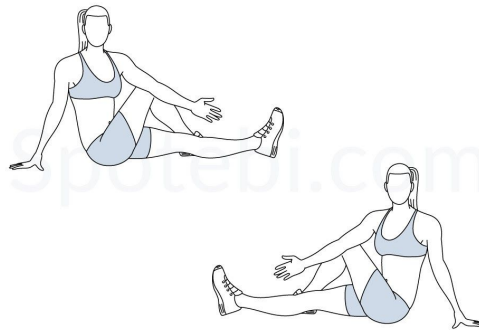
5) Cool Down Stretch:

- a) Standing in an upright position grab your hands behind your back knitting your fingers together. Gently lean forward at the hips lifting your hands up (as shown in the diagram below) until you feel a stretch in your biceps and shoulders.



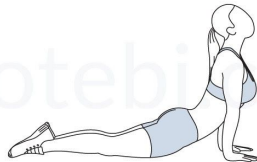
i)

- b) Next, make your way to a seated position. Keeping one leg straight cross your opposite foot over the straight knee and gently twist your upper body to the side (as shown in the diagram below).



i)

- c) Roll over onto your stomach and place your hands under your shoulders. Gently press up into a cobra position. Hold for 30 seconds.



i)