

Sports & Games 6-8 (Lesson Plan 2)

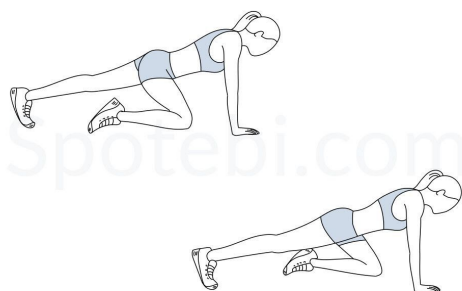
Teacher: *Toria Talbott*

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. Mountain Climbers: Get into a push-up position and then alternate bringing your knee to your elbow. You can do the same side connections or crisscross. The idea is to move fast and work up a sweat! (Try to do 45 seconds - 1 minute or challenge yourself to do more!)

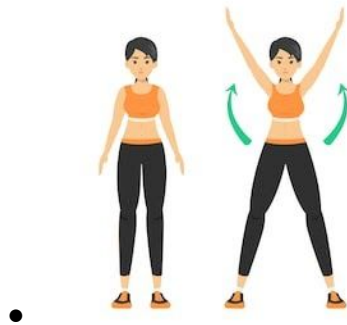


- 1.2. Side Lunge: Keeping your arms in front of you stand with your leg wide to the side. Bend one leg and keep one leg straight, then shift your weight from one leg to the other. Count to 30 out loud.



1.2.1.

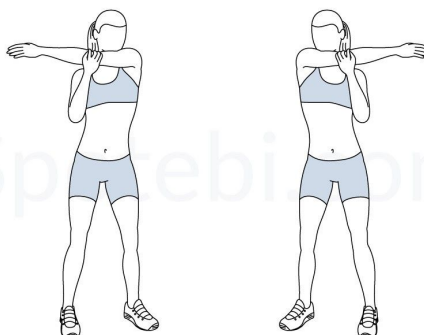
- 1.3. Jumping jacks: Do 20 jumping jacks. Count out loud.



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

2. Stretches:

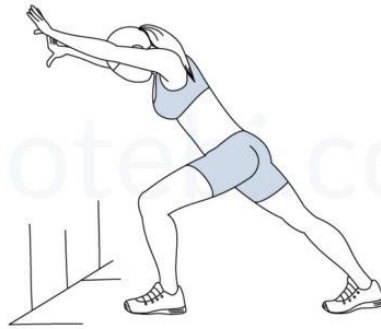
- 2.1. Shoulder stretch: Keep one arm straight and reach it across your body. Use the other arm to gently pull the straight arm towards yourself. hold each side for 20 seconds.



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.

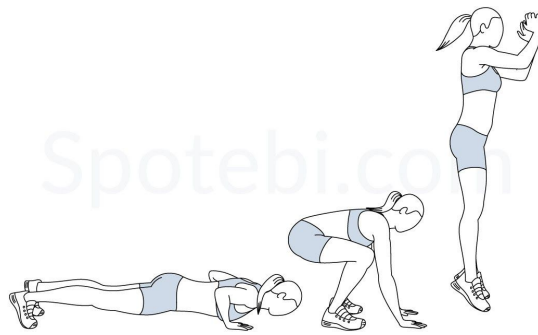
2.3.1. Hold each foot for 30 seconds.



2.3.2.

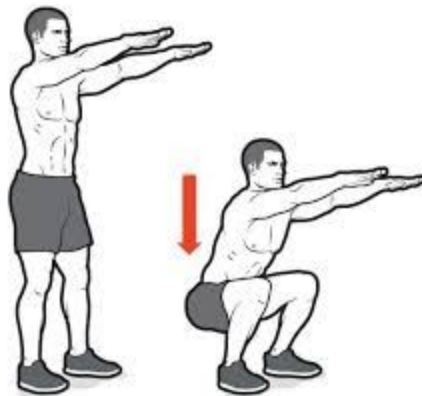
3. Conditioning:

- 3.1. Burpees: Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to. (as shown in the diagram below)



3.1.1.

- 3.2. 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)



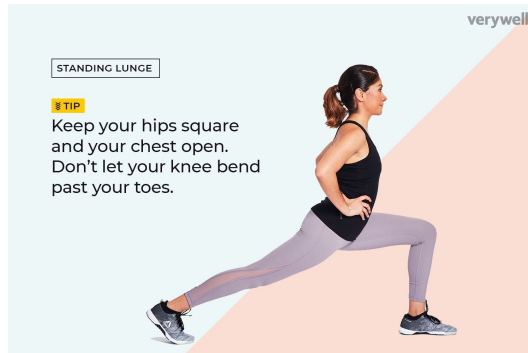
3.2.1.

4. Coordination: "Ball Toss"

- 4.1. Materials: You will need a tennis ball, or whatever small soft ball you have available. If you have outside space available, that is ideal for this exercise. (If doing this activity inside, avoid areas with breakable furniture)
- 4.1.1. Start in a standing position and toss the ball back and forth between your hands progressively tossing the ball higher each time. If you drop the ball, simply pick it up and start from the beginning.
- 4.1.2. Once you have reached the maximum height you can still catch the ball, change your position so that you are now tossing the ball while on your knees. (extra challenge to make this transition while tossing the ball)
- 4.1.3. Again, after you have reached the maximum height on your knees, switch to laying on your back and repeat the process.
- 4.1.4. For fun, try finding other "strange" positions to toss the ball in.
- 4.1.5. Partner option: try the whole activity with a partner.

5. Cool-down Stretch:

- 5.1. Lunge: Next, pull one leg forward into a lunge position. The front leg should be bent with the knee in-line with the ankle and the back leg should be straight. Hold stretch on both sides for 30 seconds.



- 5.1.2. 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. Hold stretch for 20 seconds on both sides. (As shown in the diagram below)

