

Sports & Games 6-8 (Lesson Plan 3)

Teacher: *Toria Talbott*

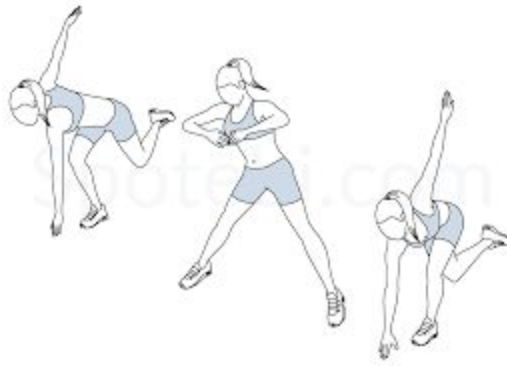
Music options:

Song	Artist	Link
What Makes You Beautiful	One Direction	https://www.youtube.com/watch?v=QJO3ROT-A4E&list=PLGYPplsdZKnLRU3hBKDmUBRdzVdM0rS0z&index=4
Dance With Me Tonight	Olly Murs	https://www.youtube.com/watch?v=iFQAdLJz8G4
Forget You	Cee Lo Green	https://www.youtube.com/watch?v=PPkrEL_GuW8
Live While We're Young	One Direction	https://www.youtube.com/watch?v=_Uorz7yilr8
Saturday Night	Whigfield	https://www.youtube.com/watch?v=j3CWkayic5Y
Dancing Queen	Abba	https://www.youtube.com/watch?v=AZGR_fz-oxA
Boom Clap	Charli XCX	https://www.youtube.com/watch?v=Dzvs8P4kk_8
Car Wash	Rose Royce	https://www.youtube.com/watch?v=PkxaunLybuM&list=PLGYPplsdZKnLRU3hBKDmUBRdzVdM0rS0z&index=21
I Wanna Dance With Somebody	Whitney Houston	https://www.youtube.com/watch?v=AZGR_fz-oxA
Good Time	Owl City ft. Carly Rae Jepsen	https://www.youtube.com/watch?v=cmLSizwDGj4

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

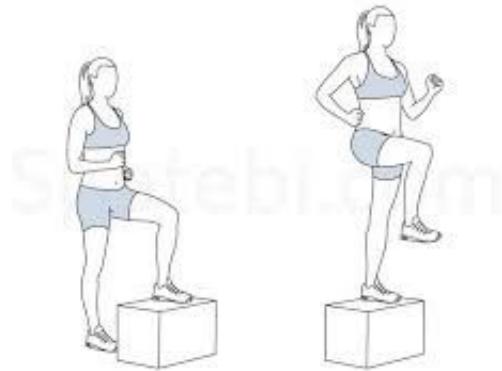
1. Warm-up Cardio:

- 1.1. Jog: Depending on your available space, start with a light jog either moving around or in place. Jog for at least 1 minute. (option to jog longer)
- 1.2. Skating Windmill: Jump to the right, bend your right knee and bring your left foot behind you. Jump to the left, bend your left knee and bring your right foot behind you. Twist your torso to the left and touch the floor with your right hand. 3. Repeat this back and forth movement until the set is complete 10 times. (as shown in diagram below)



1.2.1.

- 1.3. Step-ups: Stand tall and place your left foot on a step, bench, or other type of stable ledge, so that your hip, knee, and ankle are all bent 90 degrees. Keeping your chest up and shoulders back, push your body up with your left leg until it's straight (keep your right foot elevated). Pause, and then lower your body back to the starting position under control. Perform 10 reps on each side. (For more of a challenge hold weights or cans of food in each hand)



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 Hamstring Stretch: Sitting up straight with your legs extended in front of you, bend one knee up, then let that leg drop out to the side. Bend forward from the hips with your chest up, chin up. With your toes pointed up toward your nose on the extended leg, reach toward your toes. Hold for 30 seconds, then switch legs.



2.2.

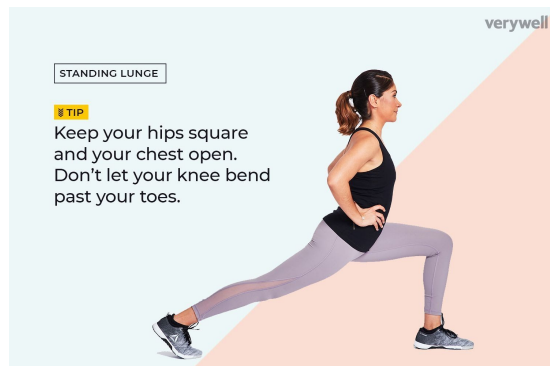
- 2.3. Knee-To-Chest Stretch: Lie on your back with your knees bent. Bring one knee into your hands and gently let your arms pull your knee toward your chest. Hold, then lower your bent leg. Relax, then repeat with the other leg.



2.3.1.

- 2.4. Lunge: The front leg should be bent with the knee in-line with the ankle and the back leg should be straight.

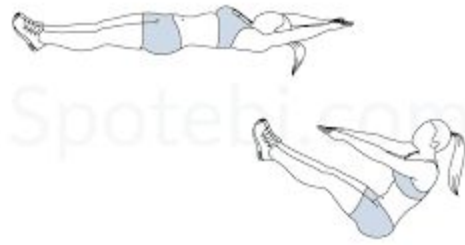
2.4.1. Hold stretch on both sides for 30 seconds.



2.5.

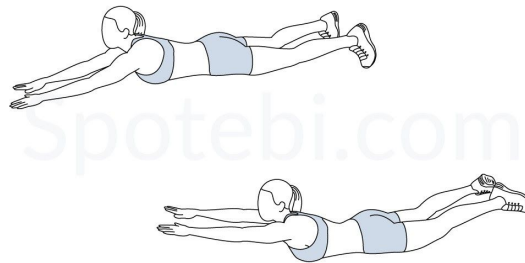
3. Conditioning:

- 3.1. V-Ups: Lie down on a flat surface or mat. Start with your legs straight, then come up. Touch your toes, and then let your torso fall back down with control. Repeat 10-15 times.



3.1.1.

- 3.2. "Supermans": Lay on your stomach, then lift their arms and feet off the ground, a la Superman flying through the air. Do this 10-20 times. (Keep your core muscles engaged the whole time)



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3.3.

4. Sport/Game: "Solo 7-Up"

Materials: You will need a tennis ball, or whatever small soft ball you have available.

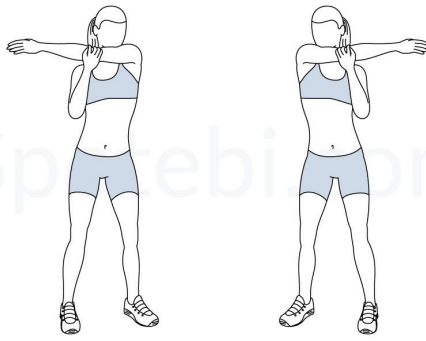
- 4.1.1. If you have outside space available, that is ideal for this exercise. (If doing this activity inside, avoid areas with breakable furniture) The 7-Up game is traditionally played against a smooth wall or even a garage door. Brick or concrete works better than aluminum siding, and a broad space without windows works best. If you don't have a good wall to use you can also play the 7-Up game against the ground.
- 4.1.2. Objective: The object of the game is to bounce the ball against the wall a set number of times while performing a specific skill in between bounces.
- 4.1.3. The skills are as follows (although variations are common; these are just a suggestion):

- **Sevensies:** Bounce the ball against the wall seven times. Catch it on the seventh time.
No-wall version: Bounce the ball against the ground seven times.
- **Sixies:** Bounce the ball against the wall and then allow it to bounce once on the ground before you catch it and throw it again. Repeat six times.
No-wall version: Throw the ball up in the air six times (no bounces).
- **Fivesies:** Bounce the ball on the ground five times.
No-wall version: Bounce the ball on the ground five times, but throw it hard enough so it bounces up over your head. Catch on the way down.
- **Foursies:** Bounce the ball from the ground to the wall and then back to you (this is the opposite of what you do for Sixies). Repeat four times.
No-wall version: Throw the ball up, let bounce, then catch. Repeat four times.
- **Threesies:** Bounce the ball on the ground first, then use your palm to bat the ball against the wall, then catch it before it bounces on the floor again. Repeat three times.
No-wall version: Bounce the ball, then hit it down again before catching. Repeat three times.
- **Twosies:** Toss the ball under your leg and bounce off the wall, then catch. Repeat.
No-wall version: Bounce the ball under your leg, twice.
- **Onesies:** Throw the ball against the wall, spin around completely (360 degrees), then catch the ball before it bounces.
No-wall version: Throw the ball up in the air, do your spin while it falls and bounces, then catch

4.1.4. Want to keep playing? Repeat the whole process, but add in a clap of the hands between each throw/bounce. Then add two claps, and so on. Or change to a finger snap, a knee lift, or some other move. There is plenty of room for creativity.

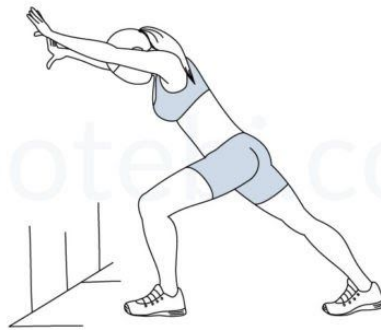
5. Cool Down Stretch:

- 5.1. 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.



5.1.1.

- 5.2. 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)



5.2.1.