

Sports & Games 6-8 (Lesson Plan 4)

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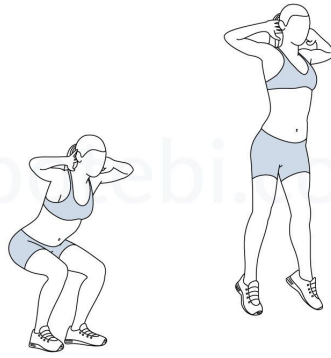
Music options:

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

1. Cardio Warm-up:

- 1.1. Squat Jumps: From a squat position, jump as high as you can, landing back into a squat. (as shown in the diagram below)



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- 1.2. Bear Crawl Push Ups: Squat to the floor, walk the hands out to do a push-up. Then, walk the hands back to the feet and stand up... like a bear!

- Variations: No push-up, push-up on the knees, keeping the knees down as you crawl in and out



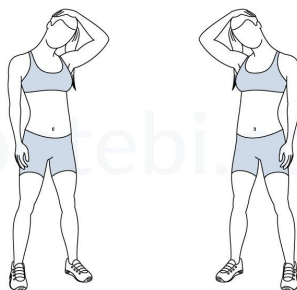
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- 1.3. Jog: Depending on your available space, start with a light jog either in place or moving around. If you have the option, run outside.

- Jog for at least 1 minute. (option to jog longer)

2. Stretches:

- 2.1. Neck Stretch: 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.



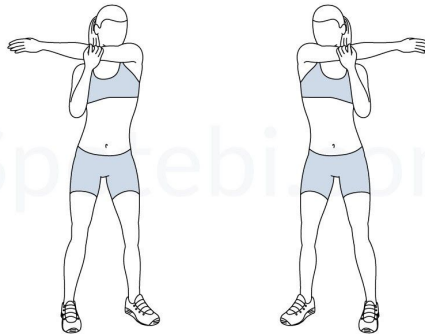
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- 2.2. Forward bend: Reach both arms up as high as you can. Then bend forward at the hips keeping the knees straight and try to touch your toes.

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

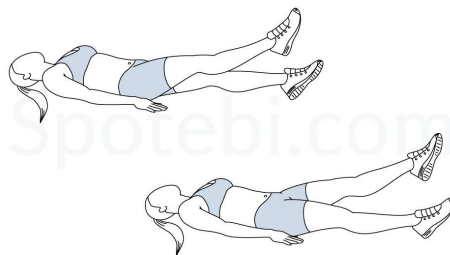


- 2.3. Shoulder stretch: Keep one arm straight and reach it across your body. Use the other arm to gently pull the straight arm towards yourself. hold each side for 20 seconds.



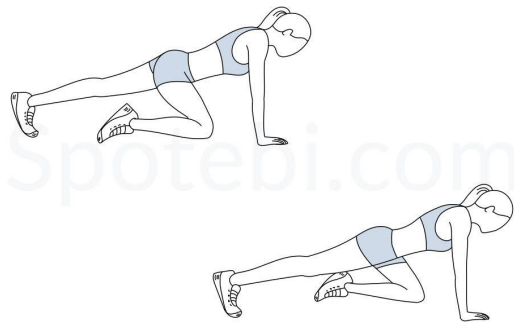
3. Conditioning:

- 3.1. Butterfly Kicks: Lay flat on your back and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Try to keep your lower back on the floor and think about pulling your belly button in towards your spine. (as shown in the diagram below)



- 3.2. 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!)



3.3.

4. Activity: *Obstacle Course*

4.1. Create an obstacle course either in your home or use chalk and make a course outside. Add in specific mental or physical challenges for more fun.

4.2. Ideas for obstacle courses:

- Crawl under or over a row of chairs.
- Crawl under a string stretched between two chair legs.
- Jump into and out of a Hula-Hoop five times.
- Walk on a balance board.
- Throw a beanbag into a laundry basket.
- Run while balancing a beanbag on your head.
- Do a ring toss.
- Somersault from one point to another.
- Do a handstand.
- Skip in place while reciting a jump rope rhyme.