

## Sports & Games 6-8 (Lesson Plan 5)

Teacher: *Toria Talbott*

Music Options:

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

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

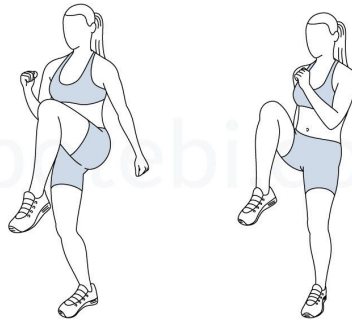
### 1. Warm-up Cardio:

- 1.1. Balance Chop: Stand in an upright posture with your feet hip-width apart. Hold your hands on the top right side above your head. In this position, your oblique muscle will be twisted and your left leg should be extended and straight. "Chop" your hands across your body, bringing your hands down to the left side in a declining diagonal motion. Simultaneously jerk up your left leg towards your right side of your chest. Repeat on the other side. Do 15 to 20 reps of the exercise. Option to hold a weight or can of food in hands while performing this exercise.



1.1.1.

- 1.2. High Knees: Stand with your feet hip-width apart. Lift up your left knee to your chest. Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a sprinting or running pace for 30-60 seconds.



1.2.1.

- 1.3. Jumping Lunges: Prepare to jump by bending your knees and sinking down into a deep lunge. Lean slightly forward and contract your core muscles. (maintain core muscle engagement throughout the exercise.) Quickly sink your weight down and then explosively drive both feet into the floor and launch your body upward, fully extending your knees and hips. As you jump into the air, bring your feet quickly together and switch positions as you begin to land. As you land, maintain a balanced foot position. Your forward knee should be over your forward foot and not beyond. Attempt to land softly on the forward mid-foot and let your heel come in contact with the ground. Avoid remaining on the toes of the forward foot. Keep your hips back and allow your hips and knees to bend deeply to absorb the landing. Don't lock your knees. Repeat 20-30 times.



1.3.1.

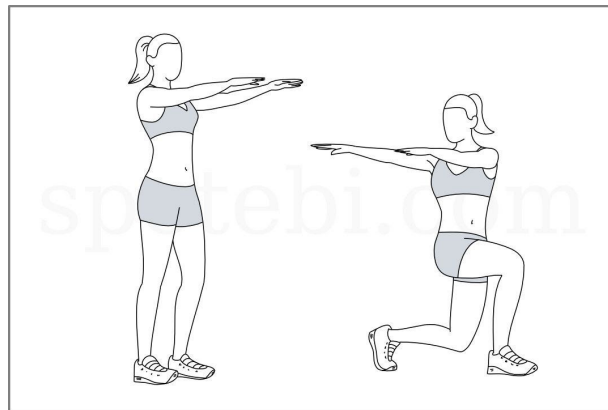
## 2. Stretches:

- 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.



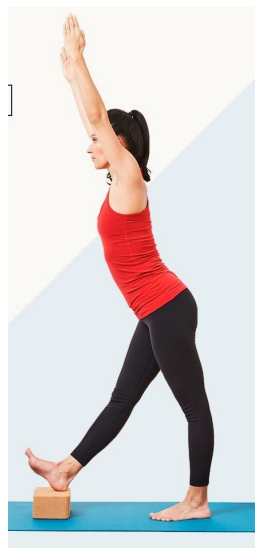
2.1.1.

- 2.2. Front Lunge With Twist: Start standing with your feet hip-width apart and arms reaching forward.. Take a big step forward with your right foot and bend your knees to lower into lunge while twisting your torso over your right leg. Hold for 10 seconds and return to standing. Repeat 3 times then switch to the other side.



2.2.1.

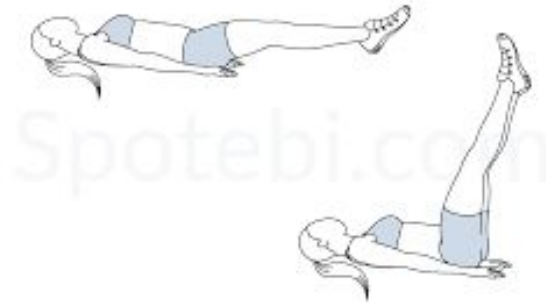
- 2.3. Standing Hamstring Stretch: Stand up straight with one heel resting on a small stack of books or stool. If you are outside, you can use the curb. Keep your knee straight and reach both arms up. Keep your back straight and bend forward slightly from your hips. Reach forward and feel a stretch in your hamstring behind your thigh. Hold the stretch for 15 to 30 seconds, and repeat three times. Switch legs and repeat with the other leg.



2.3.1.

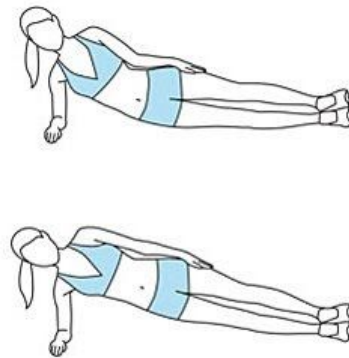
### 3. Conditioning:

- 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:

#### 4.1. *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.

#### 4.2. *Deck-of-Cards Workout*

- 4.2.1. Choose just four exercises

4.2.1.1. Here are some suggested exercises, grouped into workouts based on workout focus:

- Full-body workout: Squats, push-ups, jumping jacks, and sit-ups
- Lower-body workout: Squats, lunges, bridges, and weighted deadlifts
- Upper-body workout: Push-ups, bent-over rows, shoulder press, and triceps dips
- Core workout: Sit-ups, leg lifts, wood chops, and oblique twists
- Cardio workout: Jumping jacks, high knees, mountain climbers, and burpees

4.2.1.2. Simply assign each of your four exercises to one of the suits of cards. For instance, if you're doing the full-body workout suggested above, you might pair the exercises with the card suits as follows:

- Diamonds = Squats
- Hearts = Push-ups
- Spades = Jumping Jacks
- Clubs = Sit-ups

4.2.1.3. To help you remember which exercise is associated with which suit, write it down on a piece of paper to keep next to your deck of cards. This way you can double-check which exercise you're supposed to perform when you pull a particular card from the deck.

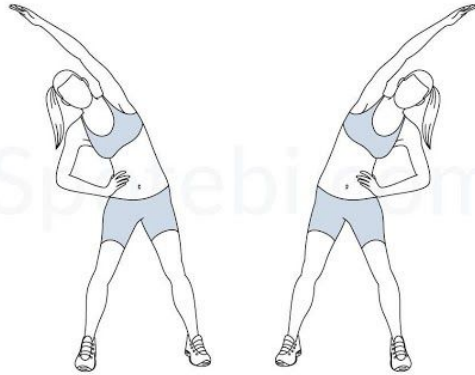
4.2.1.4. When working out with playing cards, the number on the card is representative of the number of reps you'll perform. For instance, a two card represents two repetitions. It's fairly straight forward.

- Ace = 1 rep, 10 or 14 reps, player's choice
- 2 = 2 reps
- 3 = 3 reps
- 4 = 4 reps
- 5 = 5 reps
- 6 = 6 reps
- 7 = 7 reps
- 8 = 8 reps
- 9 = 9 reps
- 10 = 10 reps
- Jack = 11 reps
- Queen = 12 reps
- King = 13 reps

4.2.1.5. Play for as long as you wish. Try to draw at least 10 cards.

5. Cool-Down Stretch:

- 5.1. Side Reach: 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. (As shown in the diagram below)



5.1.1.

- 5.2. 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.

- 5.2.1. Hold each foot for 30 seconds.



5.2.2.