

FITNESS SKILLS - Total Time: 30 min.

1 Fitness Tracker (Cardio) 10 min.

- How to wear a Fitness Tracker
 - Watch a video [HERE](#)
- Where to wear a Fitness Tracker
 - On your wrist!
 - Practice some steps and watch the step count increase
- Fitness Tracker Daily Goals
 - 10,000 daily steps!
 - Chart your steps with a daily tracker



Daily Step Tracker

	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

Note to self: Use adobe to take the chart from the PDF and also link it for download/print. This is just a screen shot for a place holder.

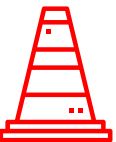
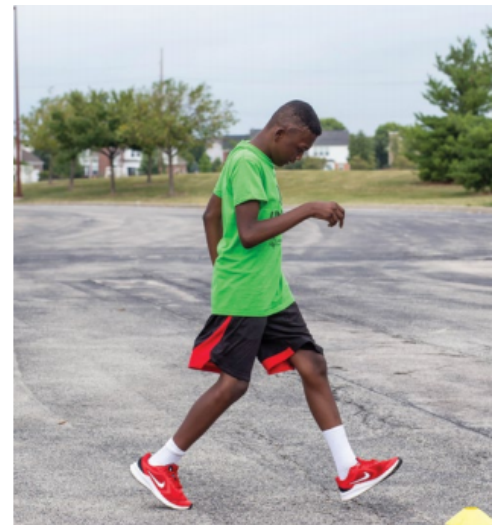


FITNESS SKILLS - Continued

2 Cone Activities (Cardio & Agility) 10 min.

● SPRINTS

- Place 2 cones 10 big steps apart.
- Sprint straight from one cone and then back to the other.
- Continue the activity for 30 seconds, rest and repeat



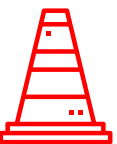
FITNESS SKILLS - Continued

2

Cone Activities (Cardio & Agility)

● SIDE SHUFFLE

- Place 2 cones, 10 big steps apart.
- Stand with your feet a little wider than shoulder width apart, bend your knees and stay low.
- Move sideways with the *left* foot leading from one cone to the other, feet should *not* cross.
- Move sideways with the *right* foot leading from one cone to the other, feet should *not* cross.



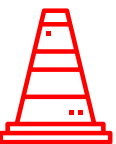
FITNESS SKILLS - Continued

2

Cone Activities (Cardio & Agility)

● LOCOMOTOR SKILLS

- Place 2 cones, 10 big steps apart.
- Use other locomotive skills such as hopping, jumping, skipping or galloping between cones.
- Continue the activity for 30 seconds, rest and repeat.



FITNESS SKILLS - Continued

3 Ball Stretches (Flexibility) 10 min.

● Sit & Stretch

- Sitting with legs in a "V."
- Roll the ball away from the body along the *right leg*, hold 5 seconds and return.
- Roll the ball away in the *center*, hold 5 seconds and return.
- Roll the ball away from the body along the *left leg*, hold 5 seconds and return.



FITNESS SKILLS - Continued

3

Ball Stretches (Flexibility)



Bend & Stretch

- Stand holding the ball with both hands.
- Holding the ball, stretch both hands above your head.
- Bend to the *left* and hold for 5 seconds, return.
- Bend to the *right* and hold for 5 seconds, return.
- Bend to the ground with the ball.



FITNESS SKILLS - Continued

3

Ball Stretches (Flexibility)

● Twist Left & Right

- Standing, hold the ball in front of the body.
- Twist slowly *left*, hold 5 seconds and return to center.
- Twist slowly *right*, hold for 5 seconds and return.
- Repeat.

