

OVERVIEW: WEEK 7

Week 7 introduces breathing methods and stress balls as effective ways to relax and control stress levels. Lesson One includes endurance, ball and stretching activities. Lesson Two covers balance, strength and agility activities using the jump rope, resistance band and hoops. Lesson Three reviews endurance, flexibility, strength and balance activities and gives students choices for each activity area.

Lesson One

- Endurance Activities - Cardio
 - Side-to-Side Bouncing
 - High Knees Jog in Place
 - Jumping Jack Squat
- Ball Activities - Agility
 - Juggling with Feet
 - Figure-8
 - Ball Handling Circles
- Stretching Activities - Flexibility
 - Sphinx Pose
 - Knee to Chest Stretch
 - Kneeling Hamstring Stretch

Lesson Two

- Balance Activities
 - Leg Swings
 - Balance Beam Walk
 - Single Leg Stance
- Strength Activities
 - Hip Bridge
 - Bicep Curls
 - Burpees
- Hoop Activities - Agility
 - Hoop Jumping
 - Hoop Running - Sideways High Knees

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Lesson Three

- Skill Review #1 - Pick 1 Endurance Activity and 1 Flexibility Activity
 - Endurance
 - Side to Side Bouncing
 - High Knees Jog in Place
 - Jumping Jack Squat
 - Flexibility
 - Sphinx Pose
 - Knee to Chest Stretch
 - Kneeling Hamstring Stretch
- Skill Review #2 - Pick 1 Strength Activity and 1 Balance Activity
 - Strength
 - Hip Bridge
 - Bicep Curls
 - Burpees
 - Balance
 - Leg Swings
 - Single Leg Stance
 - Balance Beam Walk