

OVERVIEW: WEEK 1

Week One introduces the wrist fitness tracker and the 10,000 step daily goal. Lessons One and Two focus on cardio, agility, flexibility and strength through the use of the ball, cones, hoops, and the resistance band. Lesson Three wraps-up the week with a video about the importance of warm-ups.

Lesson One

- Fitness Skills - Cardio
 - How to use a Wrist Fitness Tracker
 - Fitness Tracker Daily Goal
 - Download Daily Step Tracker
- Cone Activities - Cardio & Agility
 - Sprints
 - Side Shuffle
 - Locomotor Skills
- Ball Stretches - Flexibility
 - Sit & Stretch
 - Bend & Stretch
 - Twist Left & Right

Lesson Two

- Ladder Activities - Agility
 - Hoop Walking
 - Hoop Running
 - Hoop Jumping (Wide & Narrow)
- Ball Activities - Catching & Throwing
 - Drop & Catch to Self
 - Throw & Catch to Self
 - Throw & Catch to Self (Left & Right Side)
- Resistance Band Activities - Strength
 - Horizontal Arm Extensions
 - Standing Leg Lifts (Backwards & Side)

Lesson Three

- School of Strength Warm-Up Video