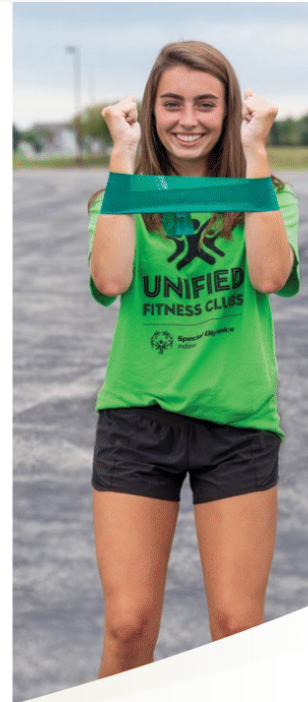
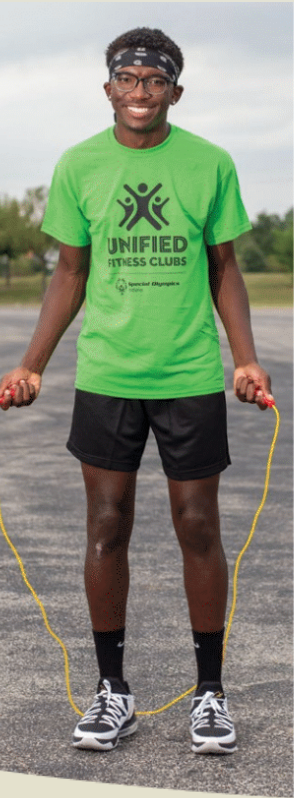


# Unified Fitness Challenge



***Special Olympics***  
***Virginia***



# OVERVIEW: WEEK 1

Week One introduces 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 warming up.

## 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



# SAMPLE DAILY STEP TRACKER

Your goal is 10,000 steps each day. Chart your steps with a 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							



## CARDIO & AGILITY

1

### Cone Activities

A

#### SPRINTS

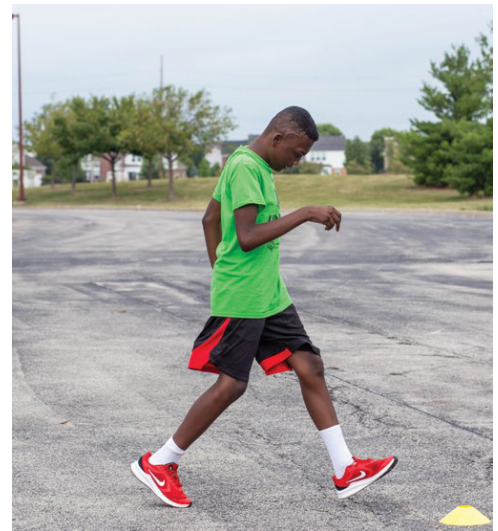
- Place 2 cones 10 big steps apart.
- Sprint straight from one cone and then back to the other.
- Continue the activity for 30 seconds, rest and repeat.



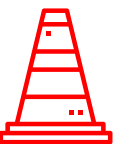
1



2



3



## CARDIO & AGILITY

### 1 Cone Activities

#### B 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.
- Continue for 30 seconds, rest and repeat.



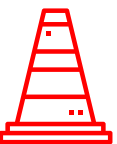
1



2



3



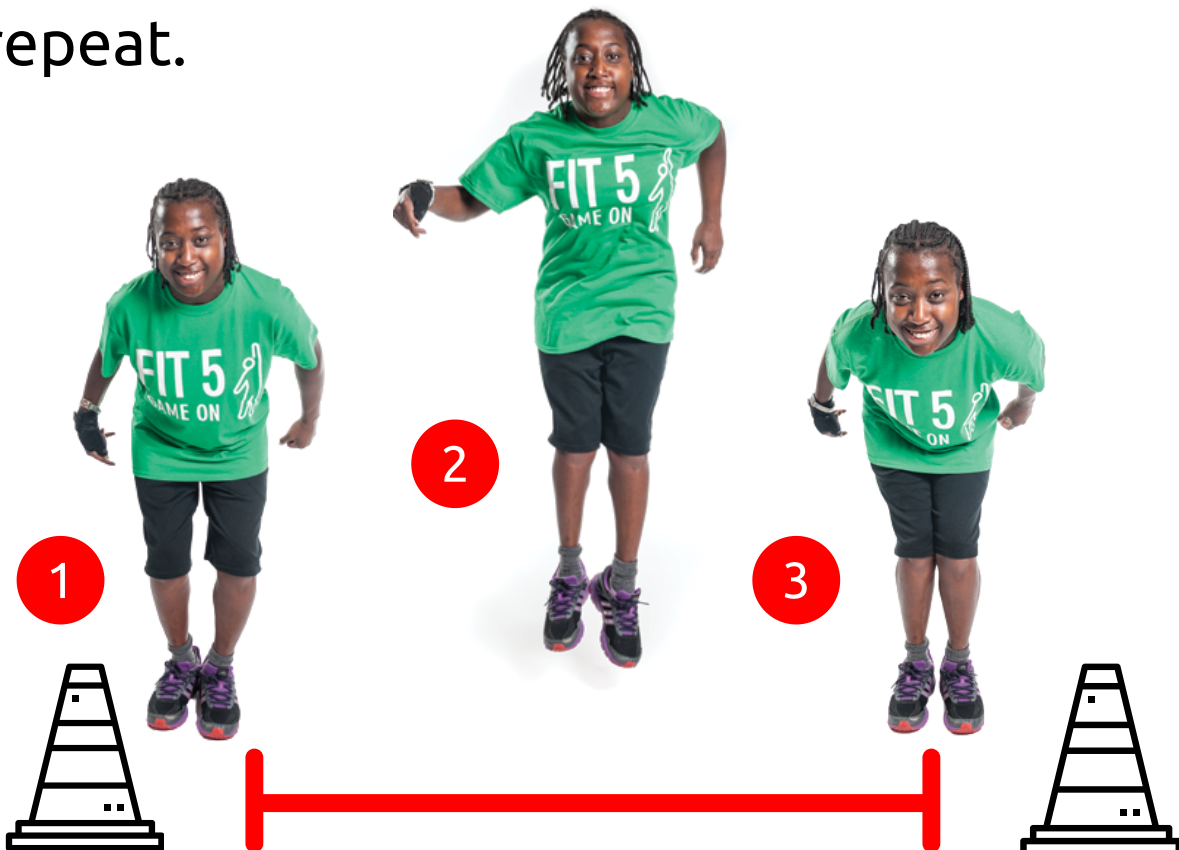


## CARDIO & AGILITY

### 1 Cone Activities

#### C 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.



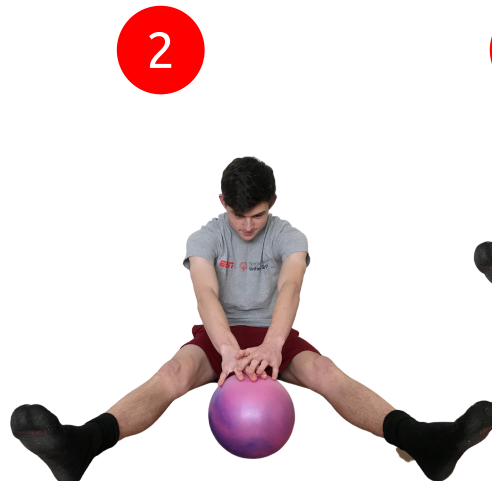
## FLEXIBILITY

## 2 Ball Stretches

A

## SIT &amp; STRETCH

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



## FLEXIBILITY

## 2 Ball Stretches

## B BEND &amp; STRETCH

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



1



2



3



4





## FLEXIBILITY

## 2 Ball Stretches

## C TWIST LEFT &amp; RIGHT

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



1



2



3



4

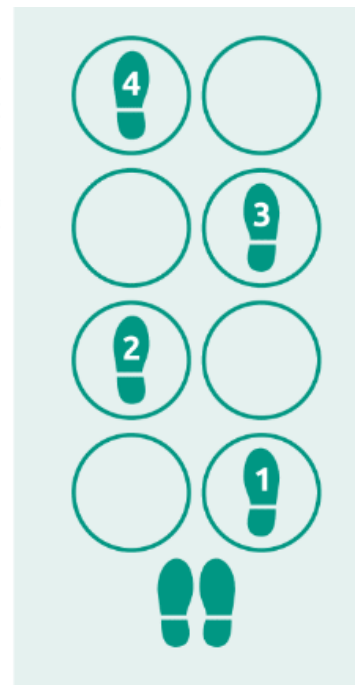


# AGILITY

## 1 Ladder Activities

### A HOOP WALKING

- Place hoops side by side in a line.
- Walk forward so each foot touches a hoop. Repeat 5 times.



1

2

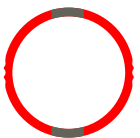
3

# AGILITY

## 1 Ladder Activities

### B HOOP RUNNING

- Place hoops side by side in a line.
- Run forward so each foot touches a hoop.
- Repeat 5 times increasing speed.



1

2

3



## AGILITY

# 1 Ladder Activities

## C HOOP JUMPING WIDE & NARROW

- Place 4 to 8 hoops in a straight line.
- Straddle the first hoop so both feet are apart (*wide*) on the outside of the hoop.
- Jump into the first hoop with your feet together (*narrow*).
- Continue jumping with feet apart (*wide*) and then jump with feet together (*narrow*).
- Repeat 3 times increasing speed.



1

2

3

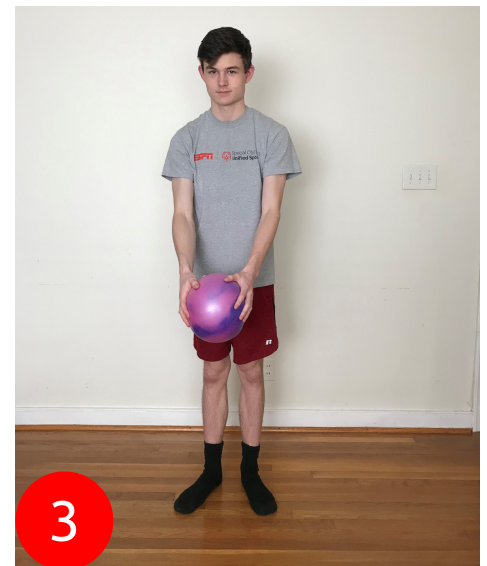
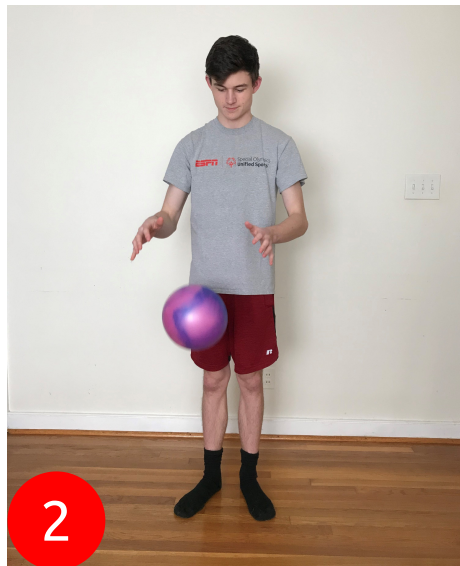
4

# CATCHING & THROWING

## 2 Ball Activities

### A DROP AND CATCH TO SELF

- Hold the ball with both hands at the waist.
- Spread your feet apart.
- Drop the ball.
- Catch the ball after it bounces with both hands.
- Repeat 10 times.



# CATCHING & THROWING

## 2 Ball Activities

### B THROW AND CATCH TO SELF

- Hold the ball with both hands at the waist.
- Toss the ball above the head.
- Reach toward the ball to catch with both hands.
- Return to the waist.
- Repeat 3 times, 5 times and 10 times without dropping the ball.





# CATCHING & THROWING

2

## Ball Activities

### C THROW AND CATCH TO SELF (LEFT & RIGHT SIDE)

- Hold the ball in both hands at the waist.
- Toss the ball to the *right* side of the body.
- Step right and reach towards the ball to catch with both hands.
- Toss the ball to the *left* side of the body.
- Step left and reach towards the ball to catch with both hands.
- Repeat 10 times.



1



2



3

# STRENGTH

## 3 Resistance Band Activities

### A HORIZONTAL ARM EXTENSIONS

- Place the band around your wrists and put your arms out in front of you.
- Keep arms bent and pull the band apart by opening your arms out wide.
- Hold for 3 seconds, bring arms back to the start position and repeat 10 times.

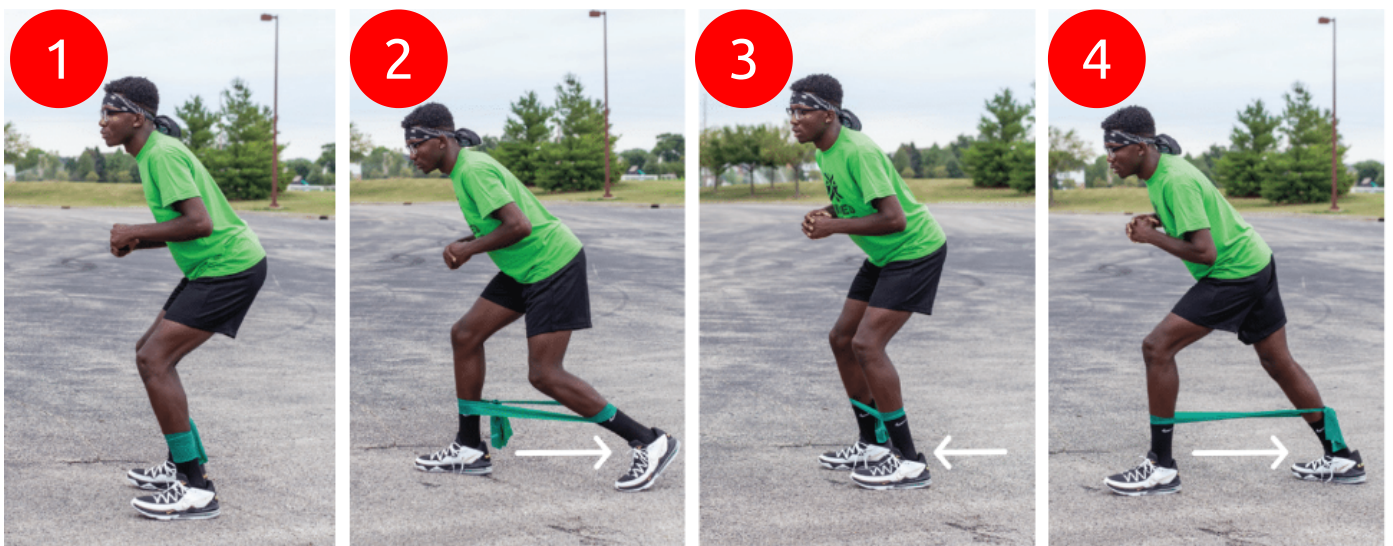


# STRENGTH

## 3 Resistance Band Activities

### B STANDING LEG LIFTS (BACKWARDS AND SIDE)

- Stand with the band around your ankles, with your feet shoulder width apart.
- Lift your *right* leg out behind you, keeping it straight, hold for 3 seconds, and then bring the leg back to the starting position. Repeat 10 times.
- Repeat with the *left* leg 10 times.
- Repeat the same exercise by lifting your leg out to the side.





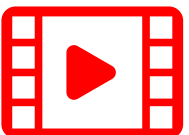
# FITNESS SKILLS

1

## Video

Warming up prepares your muscles for exercise. That helps you perform better, and keeps you from feeling sore after your workout. You'll increase your flexibility and protect yourself from getting hurt.

Watch the Special Olympics School of Strength Video 1: Welcome and Warm Up. Use this warm up routine prior to each future fitness lesson.



# OVERVIEW: WEEK 2

Week Two introduces the importance of balance. In Lesson One students use the jump rope as a balance beam, practice balancing on one foot, and use the resistance band for some strength exercises. Lesson Two features the second School of Strength video focused on balance and includes three cardio activities. Lesson Three provides a review of balance and allows students to choose from a menu of balance activities.

## Lesson One

- Jump Rope Activities - Balance & Cardio
  - Balance Beam Walk
  - Over and Back - Stationary Rope
- Resistance Band Activities - Strength
  - Straight Arm Extensions
  - Clam Shells
- Balance Activities
  - Tandem Stance
  - Single Leg Stance
  - Leg Swings

## Lesson Two

- School of Strength Balance Video
- Jump Rope Activities - Cardio
  - Rope Swing Practice
  - Basic Forward Jump Rope
- Balance Activities
  - Heel Raises
  - Toe Raises
  - Single Leg Standing with Rotation
- Cone Activities - Cardio & Agility
  - Locomotor Skills
  - Backpedal (Running Backwards)

# OVERVIEW: WEEK 2

## Lesson Three

- Skill Review - Select two activities to review
  - Ball Stretch - Twist Left & Right
  - Balance Beam Walk
  - Heel Raises
  - Toe Raises
- Skill Review - Select two activities to review
  - Tandem Stance
  - Single Leg Stance
  - Leg Swings
  - Single Leg Standing with Rotation

# INTRODUCTION TO BALANCE

***Balance*** is the ability of your body to stay upright or **stay in control of your movements**. Balance helps you to stay in control when you are playing sports and helps you to avoid falls. Try to complete a full body balance workout **2-3 days** each week!





## BALANCE & CARDIO

### 1 Jump Rope Activities

#### A BALANCE BEAM WALK

- Place the jump rope on the ground in a straight line.
- Walk forward along the jump rope, keeping your balance.
- Repeat walking sideways and backwards.

1



2



## BALANCE & CARDIO

### 1 Jump Rope Activities

#### B OVER AND BACK (STATIONARY ROPE)

- Place the rope on the ground in a straight line.
- Face the rope with your toes touching the rope.
- Jump forward and backward like a bell across the rope.
- Jump for 30 seconds. Rest and repeat.



## STRENGTH

### 2 Resistance Band Activities

#### A STRAIGHT ARM EXTENSIONS

- Hold the band in both hands with arms extended straight in front of the body.
- Slowly pull arms apart staying parallel to the ground and hold for 3 seconds.
- Slowly bring arms back together.
- Repeat 10 times.



## STRENGTH

### 2 Resistance Band Activities

#### B CLAM SHELLS

- Lie down on your side with your knees bent and prop your body up on your forearm.
- Place the band around your thighs, just above your knees.
- Lift your top knee up as far as you can, hold for 3 seconds.
- Lower your knee, so your knees are back together. Repeat 10 times.
- Switch sides and repeat.





## BALANCE

### 3 Balance Activities

**A**

#### TANDEM STANCE

- Stand with your feet together.
- Place your *right* foot in front of your *left* foot in a straight line.
- Hold the position for 30 seconds.
- Repeat this exercise with your *left* foot in front of your *right* foot.



## BALANCE

### 3 Balance Activities

#### B SINGLE LEG STANCE

- Stand on one leg with your arms out to the side.
- Work up to holding this position for 30 seconds.
- Switch and balance on the other foot.



# BALANCE

## 3 Balance Activities

### C LEG SWINGS

- Stand on your *left* foot. Swing your *right* foot from front to back while keeping your balance.
- Complete 10 repetitions.
- Repeat this exercise on the other side by standing on your *right* foot.



## REMINDER: STEP CHECK

Have you been keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Take a few minutes to look over your Daily Step Tracker for Week 1. How many steps did you have?

Challenge yourself to walk 1,000 more steps in Week 2!!

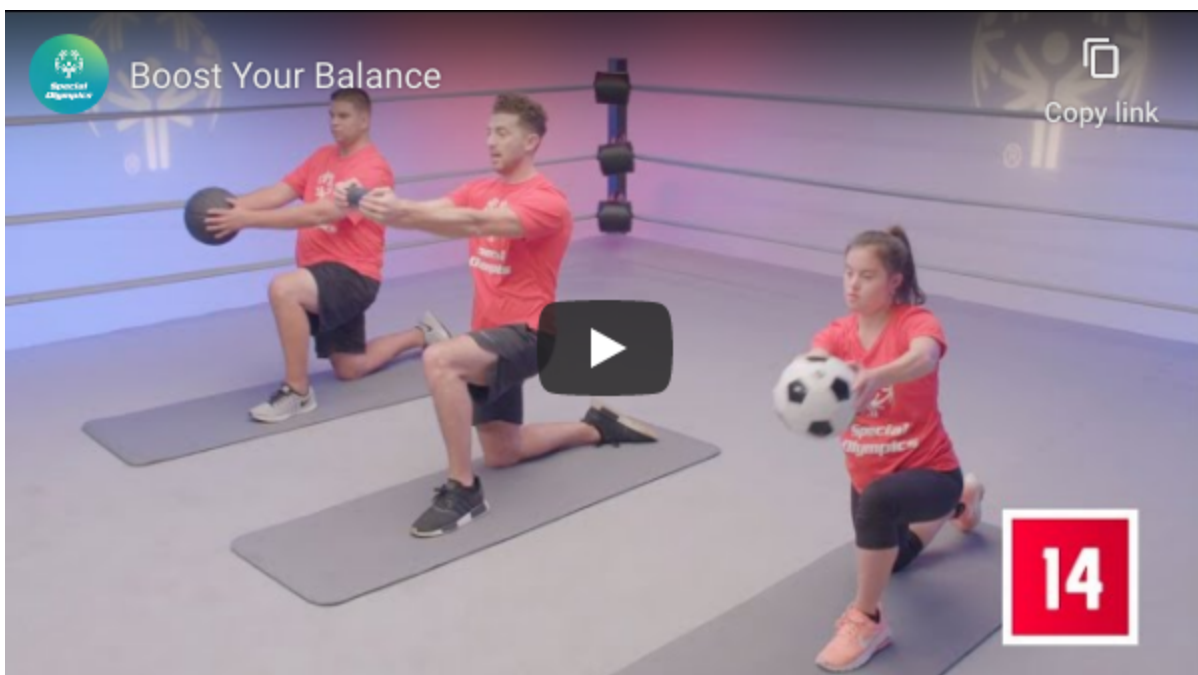




## BOOST YOUR BALANCE

Get ready to boost your balance! Balance affects **everything** that you do. Training with this video can improve your skills in every single sport. It even helps prevent injuries.

View the Special Olympics School of Strength Video 4: Boost your Balance to participate in a great balance workout.



## CARDIO

### 1 Jump Rope Activities

#### A ROPE SWING PRACTICE

- Hold an end of the jump rope in each hand.
- Start with the rope behind you touching your heels.
- Swing the rope forward over your head to touch your toes.
- Swing the rope back to touch your heels.
- Continue practicing this turning pattern for 30 seconds. Rest and repeat.



## CARDIO

**1** Jump Rope Activities**B** BASIC JUMP FORWARD

- Hold an end of the jump rope in each hand.
- Start with the rope behind you touching your heels.
- Turn the rope over your head and jump over the rope.
- Practice jumping once, 3 times and 5 times in a row or more.



1



2



# BALANCE

## 2 Balance Activities

### A HEEL RAISES

- Stand tall with your feet as wide as your hips. Shift your weight onto the balls of your feet.
- Raise your heels off the ground to stand on your tiptoes. Pause in this position for 3 seconds.
- Lower your heels back down to the ground.
- Repeat 10 times.





# BALANCE

## 2 Balance Activities

### B TOE RAISES

- Stand tall with your feet as wide as your hips. Shift your weight back onto your heels.
- Lift your toes off the ground. Pause in this position for 3 seconds.
- Lower toes back to the ground.
- Repeat 10 times.



# BALANCE

## 2 Balance Activities

### C SINGLE LEG STANDING WITH ROTATION

- Stand tall or sit on a chair with your feet flat on the ground.
- Lift your *left* foot into the air and bend the knee.
- Turn your upper body and head slowly to the right, and then to the left. Repeat 10 times.
- Switch sides by lifting your *right* foot and slowly turning to each side. Repeat 10 times.



## CARDIO

3

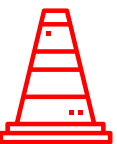
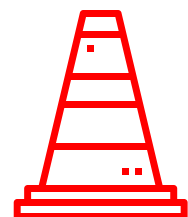
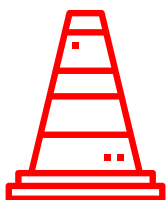
### Cone Activities

A

#### LOCOMOTOR SKILLS

- Place 2 cones, 10 big steps apart.
- Use different locomotor skills such as running, jumping, sliding, galloping, hopping and skipping between the cones.

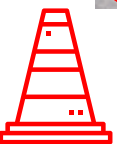
1



## CARDIO

**3 Cone Activities****B BACKPEDAL  
(RUNNING BACKWARDS)**

- Place 2 cones 10 big steps apart.
- Backpedal (run backwards) from one cone to the other.
- Rest and repeat 5 times.



# SKILL REVIEW: BALANCE

Choose 2 Activities to Review

1

## Balance Activities

A

### BALL STRETCH

### TWIST LEFT & RIGHT

- Stand holding the ball in front of your body.
- Twist slowly *left*. Hold 5 seconds and return to center.
- Twist slowly *right*. Hold for 5 seconds and return to center.
- Repeat 10 times.



1



2



3



4





## SKILL REVIEW: BALANCE

1

### Balance Activities

B

#### BALANCE BEAM WALK

- Place the rope on the ground in a straight line.
- Walk forward along the jump rope, keeping your balance.
- Repeat walking sideways and backwards.

1



2



## SKILL REVIEW: BALANCE

### 1 Balance Activities

#### C HEEL RAISES

- Stand tall with your feet as wide as your hips. Shift your weight onto the balls of your feet.
- Raise your heels off the ground to stand on your tiptoes. Pause in this position for 3 seconds.
- Lower your heels back down to the ground.
- Repeat 10 times.



## SKILL REVIEW: BALANCE

### 1 Balance Activities

#### D TOE RAISES

- Stand tall with your feet as wide as your hips.
- Shift your weight back onto your heels.
- Lift your toes off the ground. Pause in this position for 3 seconds.
- Lower toes back to the ground.
- Repeat 10 times.



## SKILL REVIEW: BALANCE

Choose 2 Activities to Review

### 2 Balance Activities

A

#### TANDEM STANCE

- Stand with your feet together.
- Place your *right* foot in front of your *left* foot in a straight line.
- Hold the position for 30 seconds.
- Repeat this exercise with your *left* foot in front of your *right* foot.



## SKILL REVIEW: BALANCE

### 2 Balance Activities

#### B SINGLE LEG STANCE

- Stand on one leg with your arms out to the side. Work up to holding this position for 30 seconds.
- Switch and balance on the other foot.



## SKILL REVIEW: BALANCE

### 2 Balance Activities

#### C LEG SWINGS

- Stand on your *left* foot. Swing your *right* foot from front to back while keeping your balance.
- Repeat 10 times.
- Repeat this exercise on the other side by standing on your *right* foot.





## SKILL REVIEW: BALANCE

### 2 Balance Activities

#### D SINGLE LEG STANDING WITH ROTATION

- Stand tall or sit on a chair with your feet flat on the ground.
- Lift your *right* foot into the air and bend the knee.
- Turn your upper body and head slowly to the right, and then to the left. Repeat 10 times.
- Switch side by lifting your *left* foot and slowly turning to each side. Repeat 10 times.



## REMINDER: STEP CHECK

Have you been keeping up with your **Daily Step Tracker**?

Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to increase your steps next week during Week 3 of the Unified Fitness Challenge!



# OVERVIEW: WEEK 3

Week Three focuses on strength. Lesson One uses body resistance to build strength and includes three cardio activities. Lesson Two features two School of Strength videos starting with the warm-up video followed by a strength video. Lesson 3 uses the resistance band and body resistance to build strength and the hoops for cardio and agility training.

## Lesson One

- Jump Rope Activities - Cardio
  - Stationary Rope (Side to Side)
  - Skier Jump Rope (Side to Side)
- Upper Body Activities - Strength
  - Push-Ups on a Wall
  - Plank from Knees
  - Chair Dips
- Cone Activities - Cardio & Agility
  - Square Drill

## Lesson Two

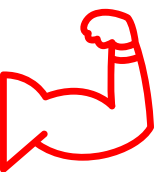
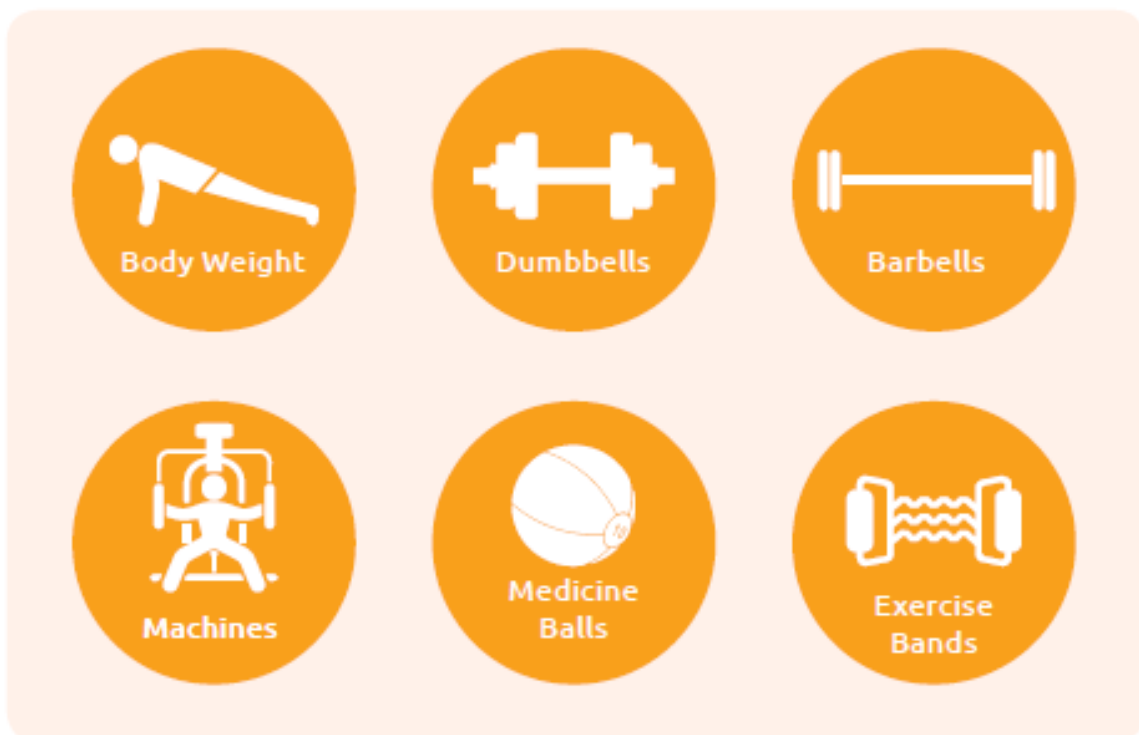
- School of Strength Warm-up Video
- School of Strength Workout Video
- Ladder Activities - Cardio & Agility
  - Hoop Jumping
  - Hoop Running

## Lesson Three

- Resistance Band Activities - Strength
  - Bent Arm Extensions
  - Bicep Curls
  - Rear Arm Extensions
- Ladder Activities - Cardio & Agility
  - Hoop Jumping
  - Hoop Fast Feet
- Lower Body Activities - Strength
  - One Leg Deadlift
  - Back Lunge
  - Wall Sit

## INTRODUCTION TO STRENGTH

***Strength*** is the ability of your body to do work. Strength gives you the ability to jump higher, throw farther, and sprint faster.



## CARDIO

### 1 Jump Rope Activities

#### A STATIONARY ROPE (SIDE TO SIDE)

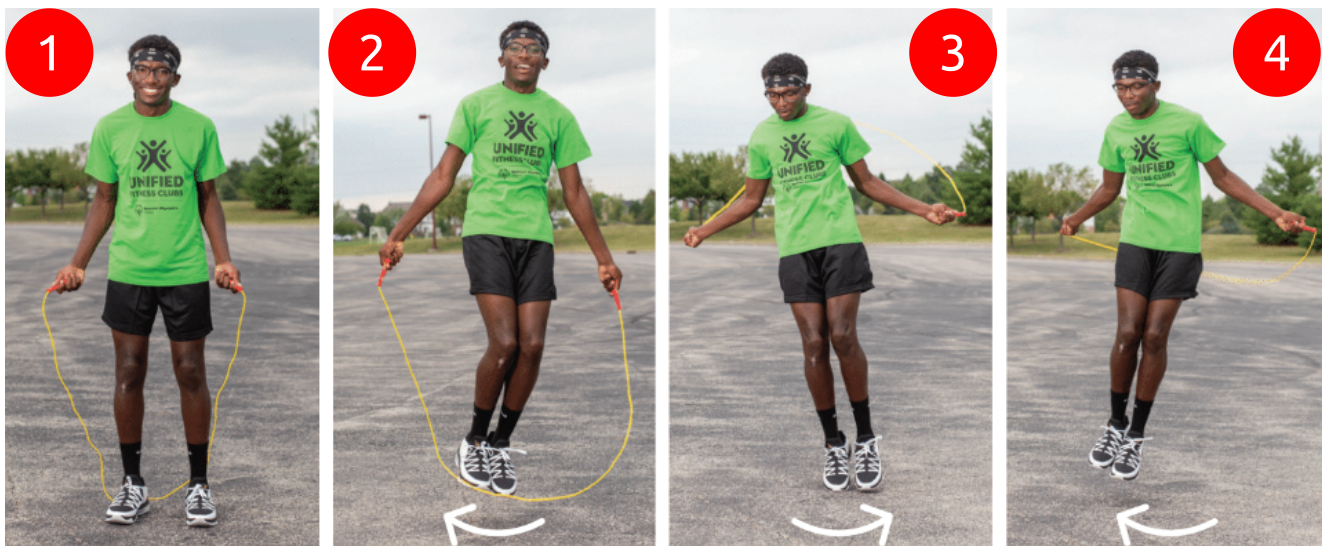
- Place the rope on the ground in a straight line.
- Put your feet together beside the rope.
- Jump over the rope and back like a skier.
- Practice slowly and increase speed keeping a steady beat. Jump for 30 seconds. Rest and repeat.



## CARDIO

**1 Jump Rope Activities****B SKIER JUMP ROPE  
(SIDE TO SIDE)**

- Start with the basic jump.
- Jump over the rope and move your feet to one side, keeping feet together.
- Continue turning the rope and move your feet to the other side.
- Repeat sequence for 30 seconds. Rest and repeat.





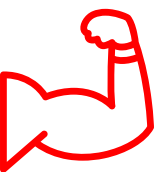
# STRENGTH

## 2 Upper Body Activities

**A**

### PUSH UPS ON THE WALL

- Stand facing a wall.
- Place your hands flat on the wall at shoulder level with straight arms. Your feet should be behind your body so that you are leaning on the wall.
- Bend your arms to bring your chest to the wall. Keep your legs in place. Make your body a straight line.
- Push your arms straight to return to the starting position. Make sure your body stays in a straight line the whole time.
- Repeat 10 times.

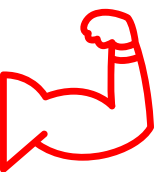


## STRENGTH

### 2 Upper Body Activities

#### B PLANK FROM KNEES

- Start on your hands and knees.
- Walk your hands forward.
- Lower your hips until your body is a straight line from your shoulders to your knees. Put your feet in the air.
- Hold this position for 20 seconds. Focus on keeping your abdominal muscles tight and your back straight. Rest and repeat.

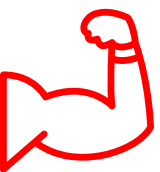


## STRENGTH

### 2 Upper Body Activities

#### C CHAIR DIPS

- Sit on the edge of a sturdy chair or bench with your hands holding onto the edge.
- Keep your feet flat on the floor about 2 feet in front of you.
- Scoot your buttocks off the edge of the chair. Support yourself with your arms and feet.
- Keep most of your weight on your arms. Keep your back close to the chair. Bend your elbows and lower your buttocks toward the ground.
- Straighten your arms and come back up.
- Repeat 10 times.



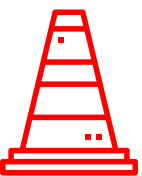
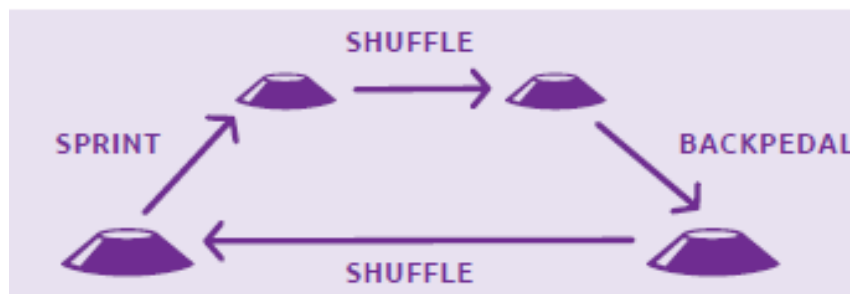
## AGILITY & CARDIO

### 3 Cone Activities

**A**

#### SQUARE DRILL

- Place 4 cones in a square with 10 big steps between each cone.
- Alternate between sprinting, side shuffling, backpedaling and side shuffling between each cone.
- Repeat 5 times.
- Repeat activity using other locomotor skills such as hopping, skipping or galloping.

**1****2**

## REMINDER: STEP CHECK

Have you been wearing your **wrist fitness tracker** and keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to set a personal best by walking more steps in Week 3!!





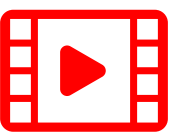
# GET SCHOOLED ON STRENGTH

1

Work out with these videos to build muscles in your back, stomach, legs, and arms. These exercises help your body stay strong and fit by building healthy bones and muscles.

Start with the Special Olympics **School of Strength**

**Video 1: Welcome and Warm Up** before participating in **Video 3: Getting Schooled on Strength**.

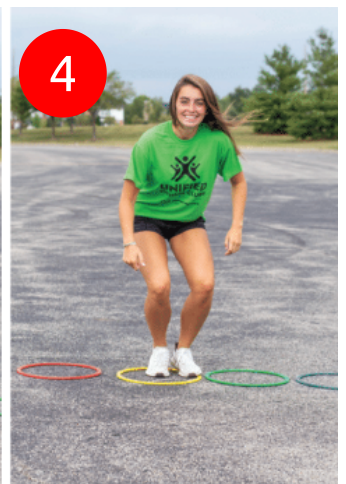


## CARDIO & AGILITY

### 3 Ladder Activities

#### A HOOP JUMPING

- Place 4 or 8 hoops in a line.
- Jump forward so both feet land in each hoop.
- Repeat the activity jumping sideways so both feet land in each hoop.
- Repeat 3 more times creating your own pattern such as jump forward, jump sideways, jump forward, jump sideways.



## CARDIO & AGILITY

### 3 Ladder Activities

#### B HOOP RUNNING

- Place hoops side-by-side in a line.
- Run forward by touching only one foot in each hoop.
- Repeat five times increasing speed.



## STRENGTH

### 1 Resistance Band Activities

#### A BENT ARM EXTENSIONS

- Place the band around your wrists and put your arms out in front of you.
- Keep arms bent and pull the band apart by opening your arms out wide.
- Hold for 3 seconds, bring arms back to the start position and repeat 10 times.

1



2





## STRENGTH

### 1 Resistance Band Activities

#### B BICEP CURLS

- Loop the band around your *left* knee.
- Kneel on your *right* knee and grab the band with your *left* hand with your palm up.
- Bend your elbow to touch your shoulder with your left hand, hold for 3 seconds, and return to the starting position. Repeat 10 times.
- Switch to the other side and repeat.

1



2



## STRENGTH

### 1 Resistance Band Activities

#### C REAR ARM EXTENSIONS

- Place your arms behind you and place the band around your wrists.
- Pull the band apart slowly by opening your arms out wide, hold for 3 seconds, and return arms slowly to the starting position.
- Repeat 10 times.

1



2





## CARDIO & AGILITY

### 2 Ladder Activities

#### A HOOP JUMPING

- Place 4 or 8 hoops in a line.
- Jump forward so both feet land in each hoop.
- Repeat the activity jumping sideways so both feet land in each hoop.
- Repeat 3 more times creating your own pattern such as jump forward, jump sideways, jump forward, jump sideways.



## CARDIO & AGILITY

### 2 Ladder Activities

#### B HOOP FAST FEET

- Place hoops side-by-side in a line.
- Using fast feet, step in each hoop.
- Repeat five times increasing speed.



## STRENGTH

### 3 Lower Body Activities

#### A ONE LEG DEADLIFT

- Start by standing tall with your feet together. Put your arms out to the sides at shoulder height.
- Balance on your right foot.
- Keep your left leg straight. Slowly lean forward and lift your left leg behind you.
- Slowly stand up without touching your left foot on the floor.
- Repeat 5 times. Switch legs and repeat.

1



2



## STRENGTH

### 3 Lower Body Activities

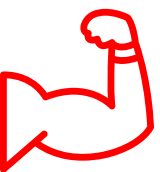
#### B BACK LUNGE

- Stand tall. Use a chair or wall for balance if necessary.
- Take a big step backward with your right leg. Put only the ball of your foot on the ground.
- When you feel balanced, bend both your front and back leg so that your back knee almost touches the ground.
- Step forward with your back leg to your starting position.
- Repeat 5 times. Switch legs and repeat.

1



2

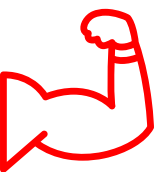


## STRENGTH

### 3 Lower Body Activities

#### C WALL SIT

- Start by standing against a wall. Step forward so that your feet are in front of you. Keep your hips against the wall.
- Bend your knees and hips. You should look like you are sitting in an imaginary chair.
- Keep your body tight and your back against the wall the whole time.
- Hold for 20 seconds or longer.



## OVERVIEW: WEEK 4

The theme for Week Four is endurance. Lesson One uses the jump rope and ball for endurance and skill activities. Lesson Two uses the cones and hoops for endurance and agility activities. And Lesson Three features a School of Strength video about endurance and engages students' creativity to make an obstacle course using the equipment in the student fitness bag.

### Lesson One

- Jump Rope Activities - Cardio
  - Stationary Rope (Apart/Together)
  - Backward Basic Jump Rope
  - Straddle Jump Rope
- Ball Dribbling Activities - Agility & Cardio
  - Toe Tapping
  - Dribbling the Ball for Time
  - Dribbling the Ball Around Cones
- Endurance Activities - Cardio
  - Quick Punches
  - Side to Side Jumps
  - Forward Jacks

### Lesson Two

- Cone Activities - Cardio
  - Zig-Zag
- Endurance Activities - Cardio
  - Jog in Place
  - Mountain Climbers
  - Frog Jumps
- Ladder Activities - Agility & Cardio
  - Hoop Fast Feet
  - Wide & Narrow

### Lesson Three

- School of Strength Endurance Video
- Obstacle Course



## INTRODUCTION TO ENDURANCE

***Endurance*** is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

Try your favorite endurance exercise for 30 minutes, 5 days each week.



## CARDIO

**1 Jump Rope Activities****A****STATIONARY ROPE  
(APART/TOGETHER)**

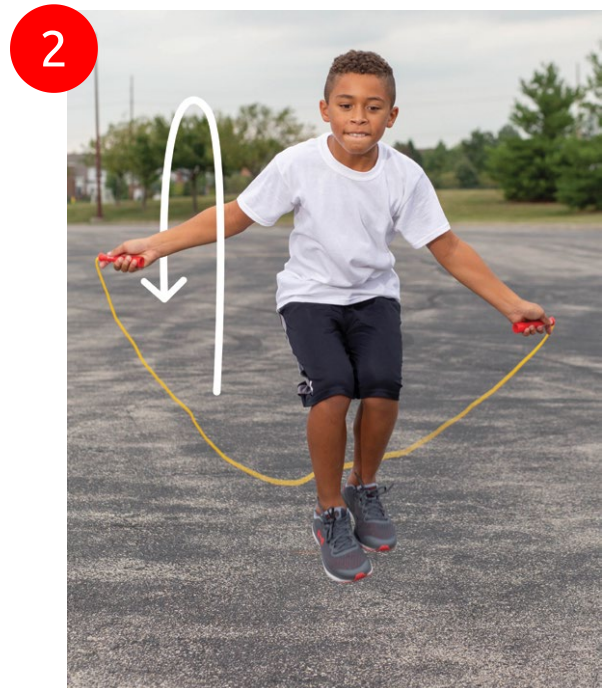
- Place the rope on the ground in a straight line.
- Straddle the rope with one foot on each side of the rope.
- Jump and move your feet apart.
- Jump and move your feet together.
- Repeat 20 times.

**1****2****3****4**

## CARDIO

**1 Jump Rope Activities****B BACKWARD BASIC  
JUMP ROPE**

- Hold an end of the jump rope in each hand.
- Start the rope at your toes.
- Turn the rope backwards over your head and jump.
- Practice once, 3 times and 5 times in a row.

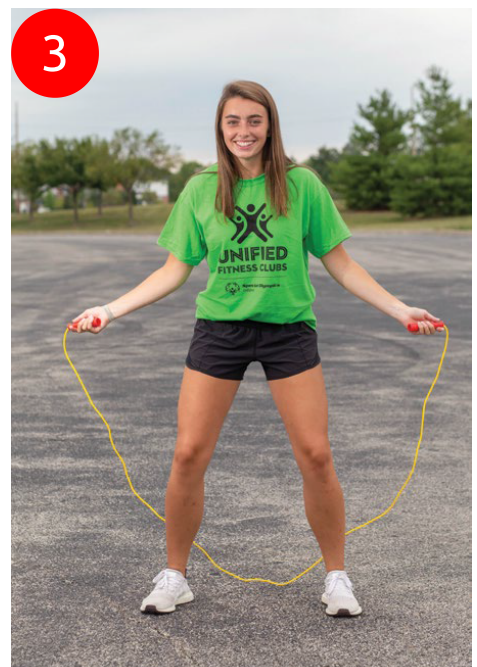
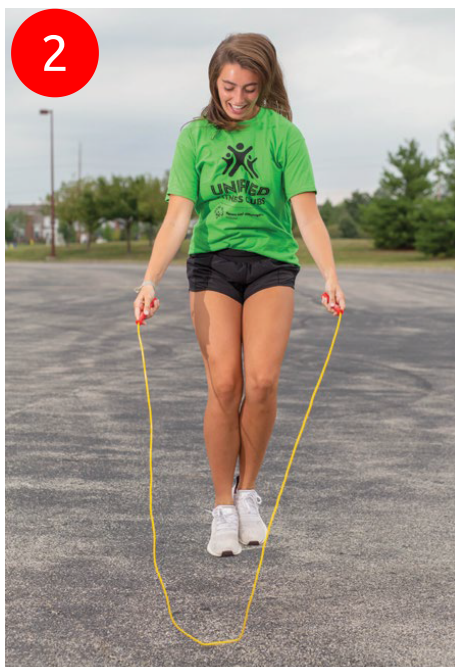


## CARDIO

### 1 Jump Rope Activities

#### C STRADDLE JUMP ROPE

- Hold an end of the jump rope in each hand.
- Start the rope behind you at your heels.
- Turn the rope forwards over your head and jump moving your feet apart to a straddle position.
- Continue turning the rope and bring your feet back together, like completing a jumping jack.
- Repeat sequence once, 3 times and 5 times in a row.



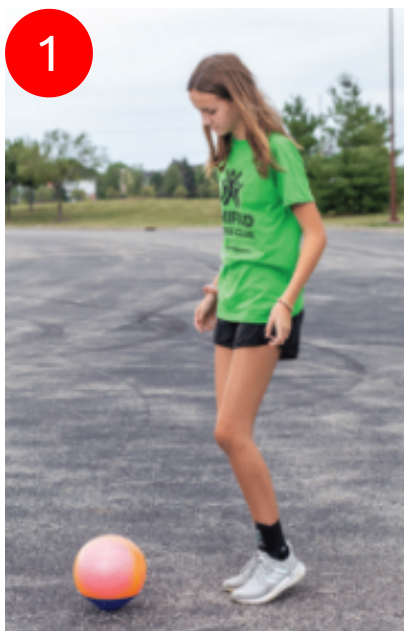


## AGILITY & CARDIO

### 2 Ball Activities

#### A TOE TAPPING

- Place the ball on the ground.
- Lightly touch the top of the ball with your *right* foot, then switch feet and touch the top of the ball with your *left* foot.
- Keep tapping the ball lightly while switching feet 10, 20 or 30 times.



## AGILITY & CARDIO

### 2 Ball Activities

#### B DRIBBLE THE BALL FOR TIME

- Dribble the ball in front of you with your feet using gentle taps for 30 seconds.
- Dribble the ball with your feet while moving forward in a straight line for 30 seconds.
- Repeat moving in a circle and then in a zig-zag pattern.



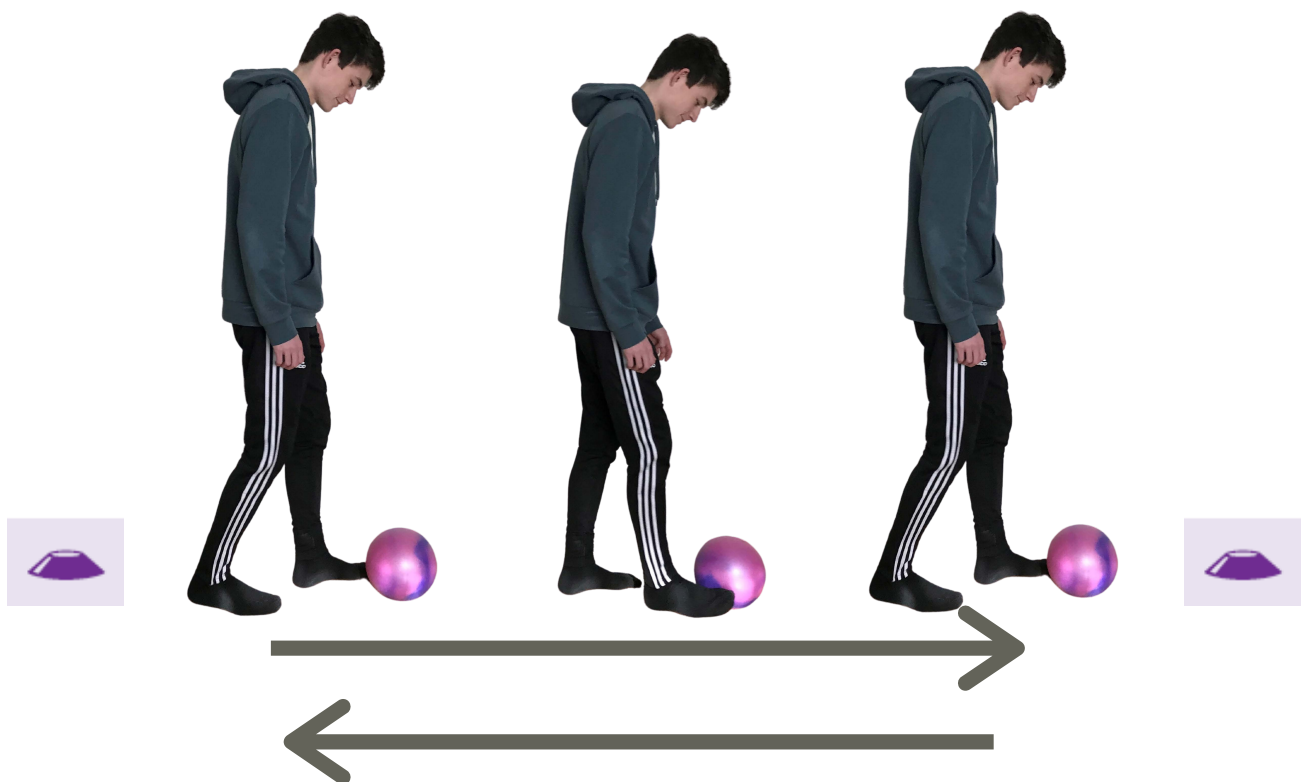


## AGILITY & CARDIO

### 2 Ball Activities

#### C DRIBBLE THE BALL BETWEEN CONES

- Set up 2 cones, 10 steps apart.
- Begin at one cone, dribble the ball with your feet by gently tapping with your *right* foot and then your *left* foot to the other cone.
- Go around each cone 5 times.



## CARDIO

## 3 Endurance Activities

A

## QUICK PUNCHES

- Put both your hands in fists by your chest. Keep your elbows down by your side.
- Turn toward your *left* side and punch your *right* arm in that direction.
- Return to the center with both hands in fists by your chest and elbows down by your side. Turn
- toward your *right* side and punch your *left* arm in that direction.
- Repeat 20 times.

1



2



3



4



## CARDIO

### 3 Endurance Activities

#### B SIDE TO SIDE JUMPS

- Bend your knees slightly and jump as high as you can to one side then the other side.
- Jump 5 times to each side, rest and repeat.
- You can also hop forward to backward or hop in place.



## CARDIO

## 3 Endurance Activities

## C FORWARD JACKS

- Stand with one foot in front of the other and your arms down by your sides.
- Jump up and switch your feet. Swing your arms sideways up over your head.
- Jump up and switch your feet. Bring your arms sideways back to your sides.
- Repeat 10 times. Rest and repeat.



# CARDIOVASCULAR ENDURANCE

**Cardiovascular endurance** is the ability to exercise without becoming overly tired because your heart, lungs and blood vessels are healthy.

Examples of exercises that improve our cardiovascular endurance include:



# CARDIO

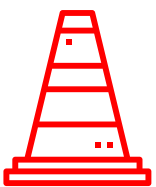
1

## Cone Activities

A

### ZIG-ZAG

- Place 5 cones in a zig-zag pattern with 5 big steps between each cone.
- Sprint between each cone.
- Repeat side shuffling between each cone.
- Repeat alternating sprinting and side shuffling between each cone.
- Repeat activity with the cones 10 big steps apart.





## CARDIO

### 2 Endurance Activities

#### A JOG IN PLACE

- Jog in place for 5 minutes.
- Make sure you swing your arms the whole time while jogging.



## CARDIO

**2 Endurance Activities****B MOUNTAIN CLIMBERS**

- Start in a push-up position with your left leg in front so that your foot is on the floor under your chest.
- Keep your hands down on the ground.
- Jump or step with your legs and switch your feet so that your right leg is in front.
- Jump or step with your legs again and switch your feet so that your left leg is in front.
- Continue jumping and switching as fast as you can 20 times.



## CARDIO

### 2 Endurance Activities

#### C FROG JUMPS

- Start by standing with your feet apart.
- Bend at your knees and hips to squat down. Touch the floor with your hands.
- Jump straight up in the air with your arms up.
- Land in a squat with your hands touching the floor.
- Repeat 10 times.



1



2



3



## AGILITY & CARDIO

### 3 Ladder Activities

#### A HOOP FAST FEET

- Place hoops side-by-side in a line.
- Quickly step one foot at a time into each hoop.
- Repeat 5 times increasing speed.

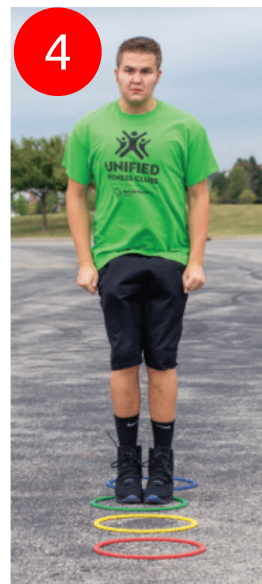


## AGILITY & CARDIO

### 3 Ladder Activities

#### B WIDE AND NARROW

- Place 4 hoops in a straight line.
- Straddle the first hoop so both feet are wide on either side.
- Jump into the first hoop with your feet together.
- Continue jumping wide and narrow into each hoop until the end.
- Repeat 5 times increasing speed.





## REMINDER: STEP CHECK

Have you been wearing your **wrist fitness tracker** and keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to walk 500 more steps in Week 4!!





# ENDURANCE

1

## Video

Get ready to ignite your endurance, Superstar Trainers. These exercises help strengthen your heart and lungs. This helps you to practice or exercise longer and with fewer breaks.

Watch the Special Olympics School of Strength Video 2: Ignite Your Endurance and start moving!



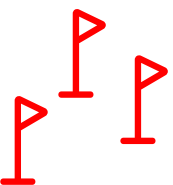
# OBSTACLE COURSE

## 2 Design an Obstacle Course

Create an obstacle course to improve your agility, balance, endurance and strength. Use your equipment and be creative.

Check out the 2 examples below or get creative and make your own!

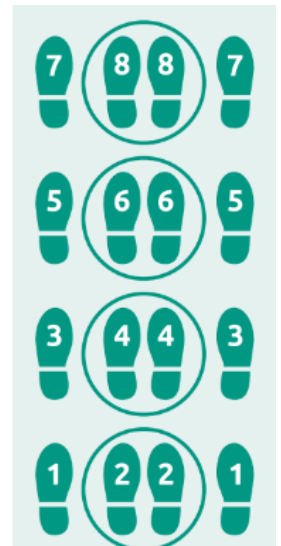
Repeat the same obstacle course twice or create two different courses.



## OPTION #1

1

Place 8 hoops in a line and jump with your feet apart and then together.



2

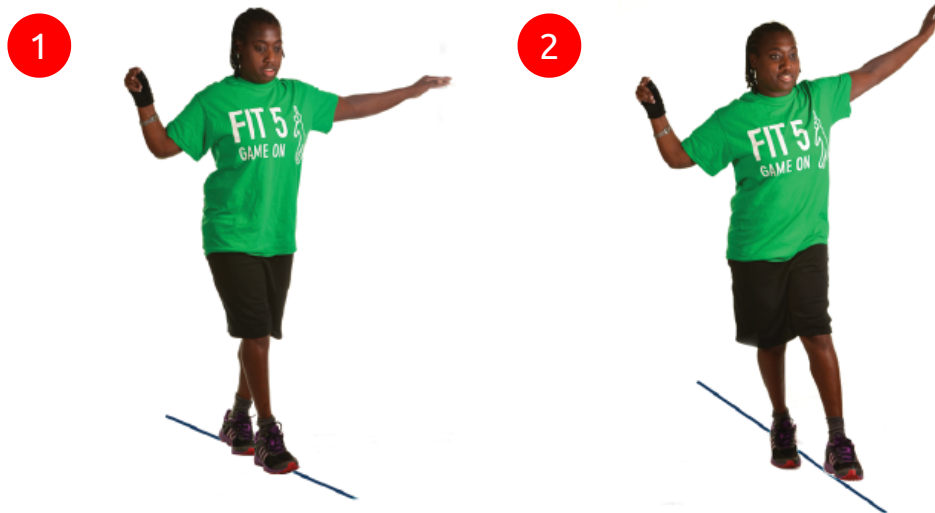
Place 4 cones in a zig-zag pattern and slide sideways to each cone.



## OPTION #1

3

Place the jump rope in a straight line and walk backwards on the rope.



4

Pick up the ball and toss and catch 5 times in a row.



## OPTION #1

**5** Perform 5 push ups.

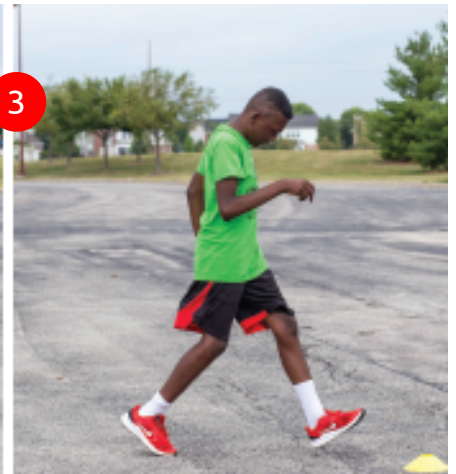


From your knees

**OR** From from your hands and feet



**6** Sprint (run as fast as you can) to the last cone.

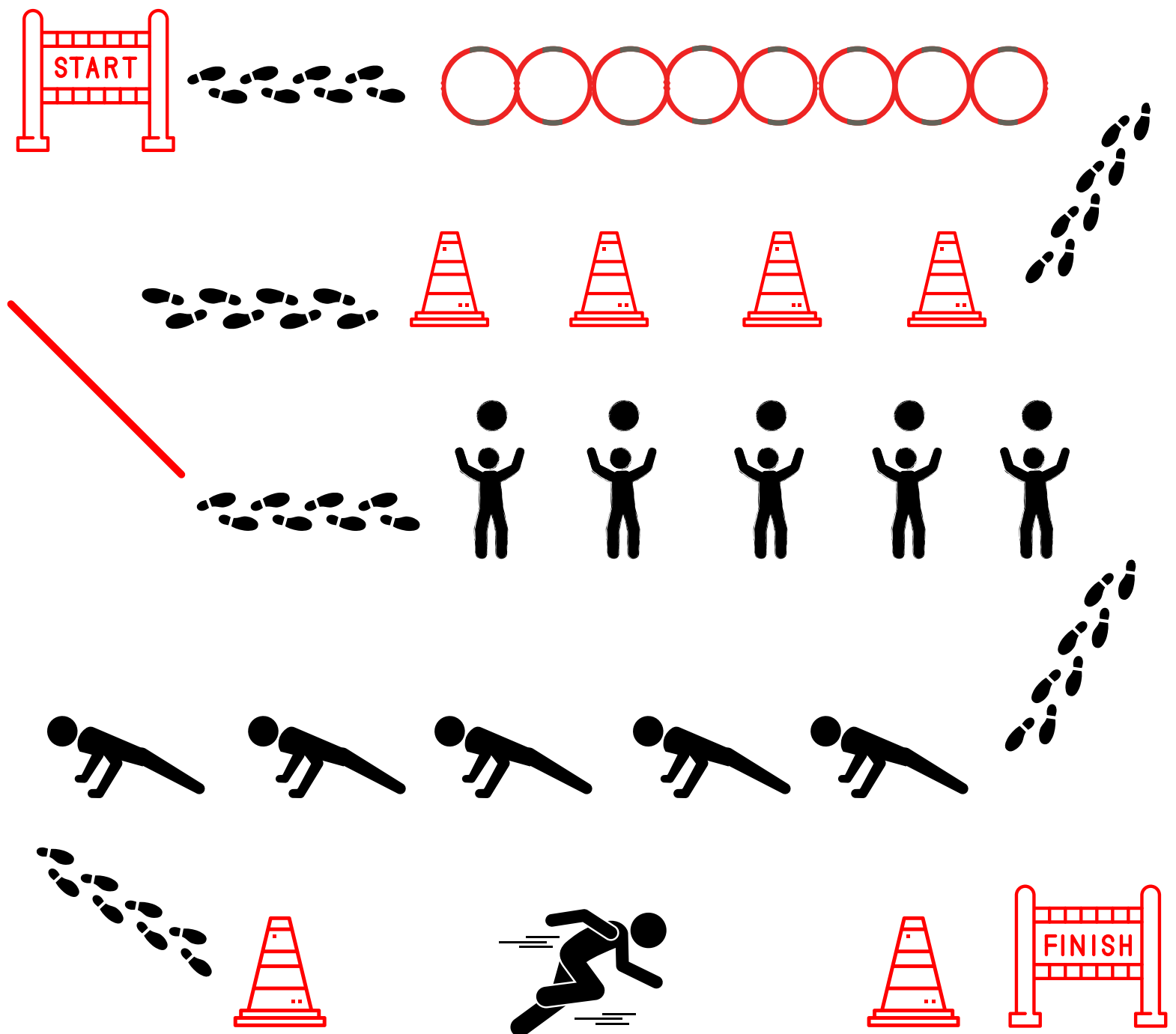




## OBSTACLE COURSE

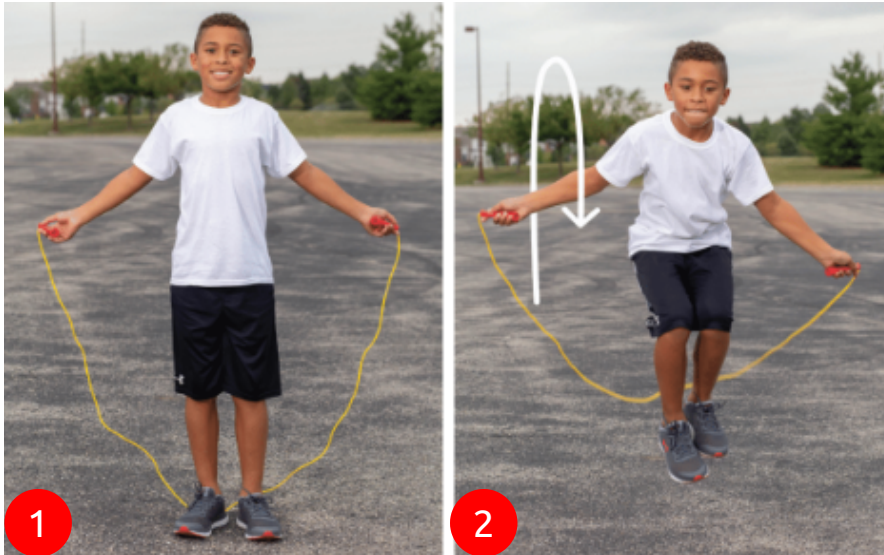
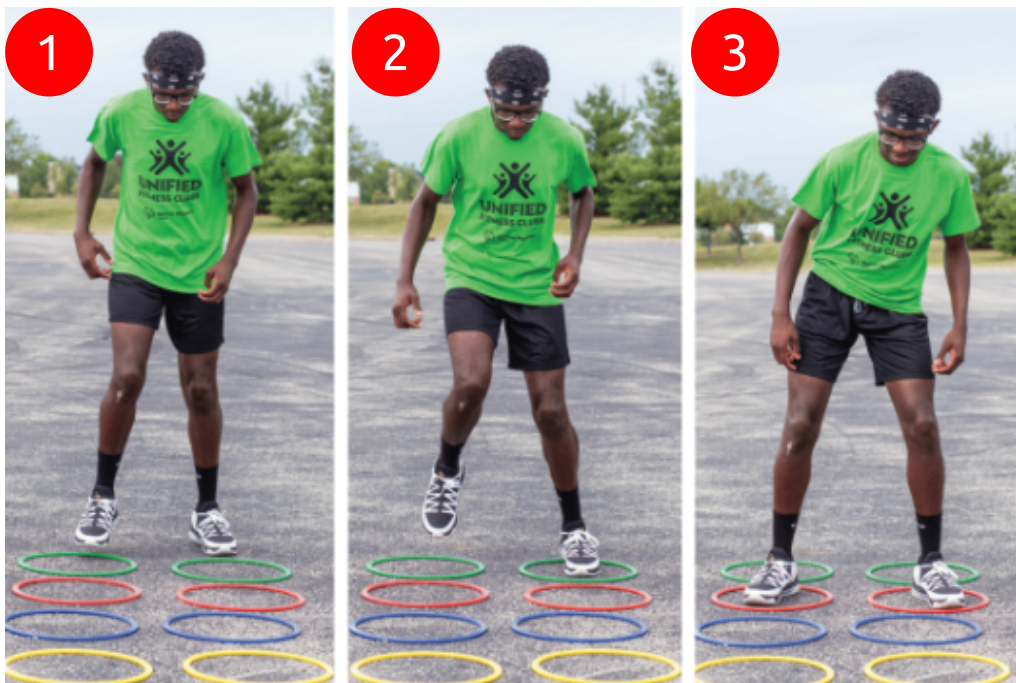
1

## Option #1 Example Map





## OPTION #2

**1 Jump Rope forward 5 times.****2 Place hoops side by side in a line. Using fast feet, step in each hoop.**

## OPTION #2

3

Place a cone 10 steps away from the last hoop. At the cone perform 10 quick punches.

1



2



3



4



4

Place 4 cones 6 steps apart. Dribble the ball with your feet around the cones.

1



2

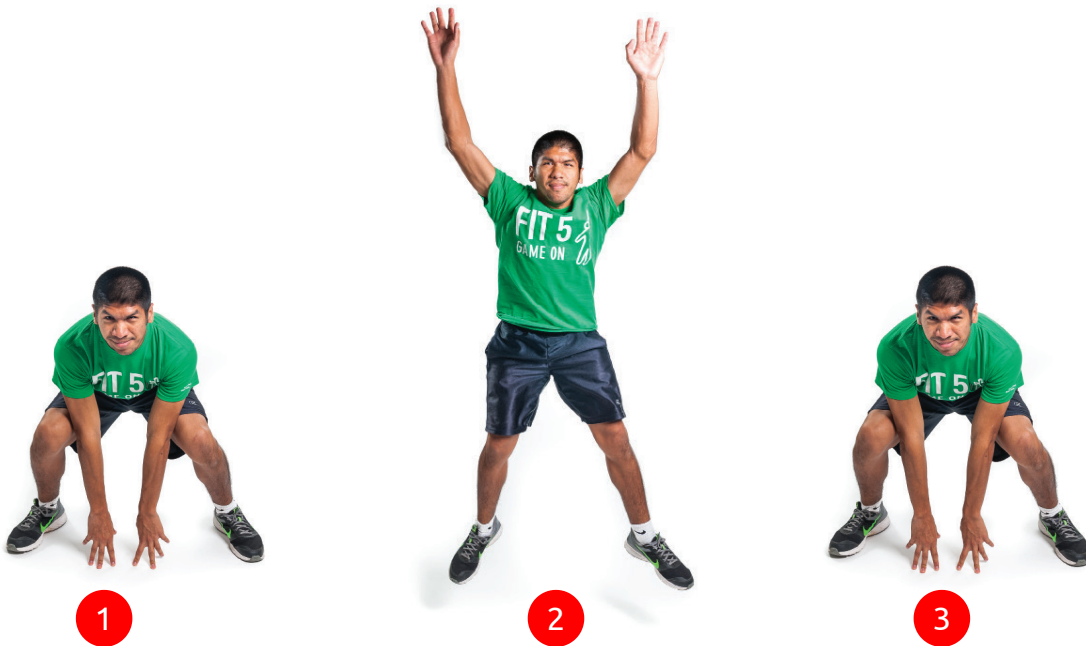


3



## OPTION #2

5

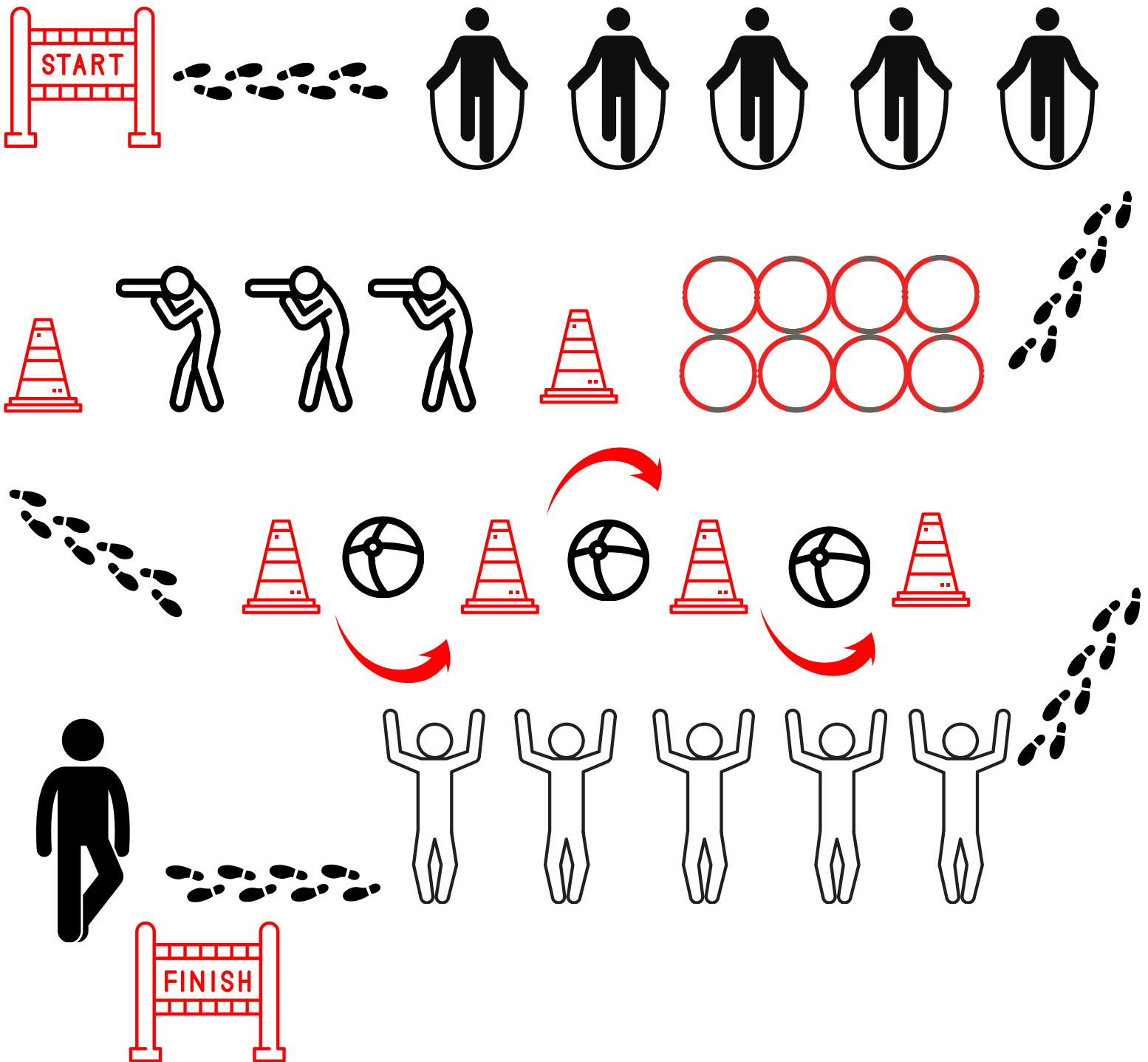
**Perform 5 frog jumps.**

6

**Perform a leg stance (balance) for a count of 10.**

## OBSTACLE COURSE

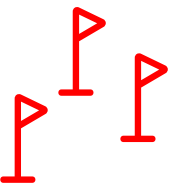
## 2 Option #2 Example Map



## **OPTION #3**

**1**

**Design your very own obstacle course!!**



## OVERVIEW: WEEK 5

Week 5 introduces the importance of hydration and healthy beverage choices. Lesson One starts with stretching exercises and utilizes the resistance band for strength training. Lesson Two uses the jump rope, ball and hoops to work on agility and cardio activities. And Lesson Three gives students a menu of agility, cardio and strength activities to choose from to conclude the week.

### Lesson One

- Stretches - Flexibility
  - Quadriceps
  - Butterfly
  - Triceps
  - Wrist Flexion & Extension
- Resistance Band Activities - Strength
  - Bicep Curls
  - Monster Walk

### Lesson Two

- Jump Rope Activities - Cardio
  - Stationary Rope (Over & Back)
  - Straddle Jump Rope
  - Side Swings
- Ball Activities - Skill Development
  - Toss, Clap & Catch
  - Throw to the Wall & Catch the Rebound
  - Ball Handling Circles
- Ladder Activities - Agility
  - Hoop Hopping
  - Create a New Pattern

### Lesson Three

- Skill Review #1 - Pick 2
  - Quick Punches - Cardio
  - Ball Dribbling - Agility & Cardio
  - Bicep Curls - Strength
  - Jump Rope Side to Side - Cardio
- Skill Review #2 - Pick 2
  - Ball Handling - Skill Development
  - Zig-Zag - Cardio
  - Hoop Ladder - Agility & Cardio
  - Jump Rope Side Swings - Cardio

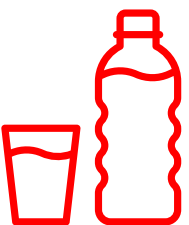


# INTRODUCTION TO HYDRATION

Water is an important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.

Your goal is to drink 5 bottles of water every day! Your bottle should be 16-20 oz. or 500-600 ml.

Watch the **Special Olympics What you Choose to Drink** video about the importance of staying hydrated!



# FLEXIBILITY

## 1 Stretching Activities

### A QUADRICEPS

- Lay on the ground on your right side.
- Bend your left knee. Grab your left foot with your left hand.
- Pull your foot behind you toward your buttocks. You should feel a stretch in the front of your thigh. Hold for 30 seconds.
- Now switch sides so that you are laying on the ground on your left side and your right leg is bent.



# FLEXIBILITY

## 1 Stretching Activities

### B BUTTERFLY

- Sit on the ground with the bottoms of your feet touching each other. Let your knees fall toward the floor.
- Your feet should be close to your body.
- Sit tall and lean forward over your feet.
- You should feel a stretch in your groin.
- Hold for 30 seconds.



# FLEXIBILITY

## 1 Stretching Activities

### C TRICEPS

- Stand or sit tall with your left arm by your ear. Bend your elbow so that your hand touches your back.
- Reach over your head with your right arm. Grab your left elbow with your right hand. Pull your left arm even closer to your ear. You should feel a stretch in your upper left arm. Hold for 30 seconds.
- Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.

1



2



## FLEXIBILITY

### 1 Stretching Activities

#### D WRIST FLEXION & EXTENSION

- Stand or sit tall and put your arms straight out in front of you.
- **Flexion:** Turn your palm towards the ground. Use the other hand to pull your hand down toward the ground. Hold for 30 seconds.
- **Extension:** Turn your palm face up towards the ceiling. Use the other hand to pull your fingers back toward the ground. Hold for 30 seconds
- Switch arms and repeat both stretches.

##### 1 FLEXION



##### 2 EXTENSION



## STRENGTH

### 2 Resistance Band Activities

**A**

#### BICEP CURLS

- Loop the band around your *left* knee.
- Kneel on your *right* knee and grab the band with your *left* hand with your palm up.
- Bend your elbow to touch your shoulder with your left hand, hold for 3 seconds, and return to the starting position. Repeat 10 times.
- Switch to the other side and repeat.

1



2





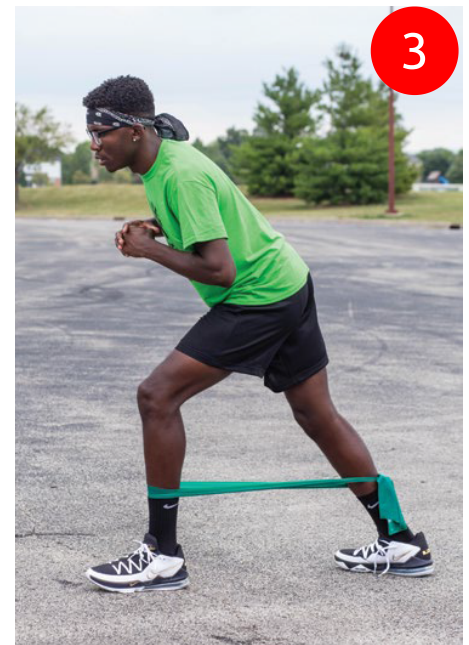
## STRENGTH

### 2 Resistance Band Activities

**B**

#### MONSTER WALK

- Stand with your feet shoulder width apart and place the band around your ankles.
- Bend your knees slightly and take a large step diagonally to the right to stretch out the band.
- Take a large step diagonally to the left to stretch out the band.
- Continue taking 10 diagonal steps forward.



## REMINDER: STEP CHECK

Have you been wearing your **wrist fitness tracker** and keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to increase your steps in Week 5!!



# HEALTHY BEVERAGE CHOICES

There are many beverage options available, but some of them are healthier choices than others. This guide can help you make the best choices to stay hydrated and perform your best.

**Sodas, energy drinks, and sports drinks are NOT good beverage choices.**

These beverages all contain extra sugar and can lead to weight gain. They also may contain caffeine, which does NOT keep you hydrated.



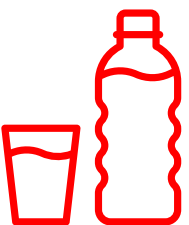
**Moderate amounts of low-fat milk and 100% juice are also good choices, in small amounts.**

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.



**Water is the BEST choice for a beverage!**

Drink water every day! If you drink flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.



## CARDIO

### 1 Jump Rope Activities

#### A OVER AND BACK (STATIONARY ROPE)

- Place the rope on the ground in a straight line.
- Face the rope with your toes touching the rope.
- Jump forward and backward like a bell across the rope.
- Repeat for 30 seconds. Rest and repeat.



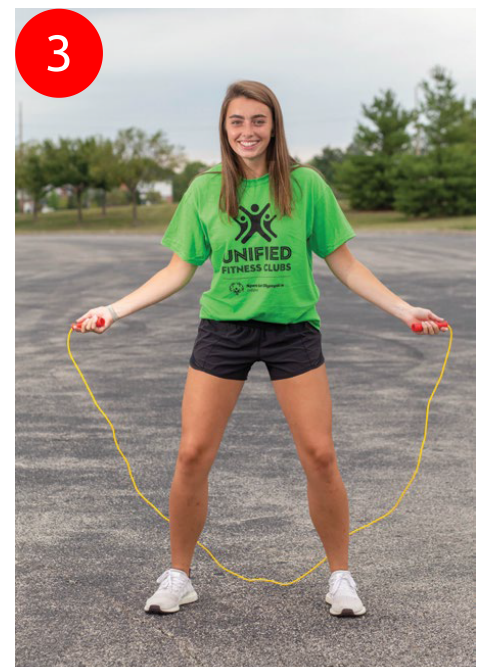
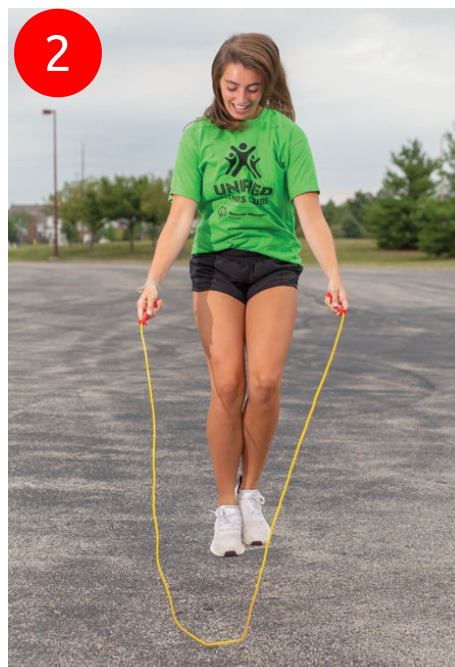


## CARDIO

### 1 Jump Rope Activities

#### B STRADDLE JUMP ROPE

- Hold an end of the jump rope in each hand.
- Start the rope behind you at your heels.
- Turn the rope forwards over your head and jump moving your feet apart to a straddle position.
- Continue turning the rope and bring your feet back together, like completing a jumping jack.
- Repeat sequence once, 3 times and 5 times in a row.

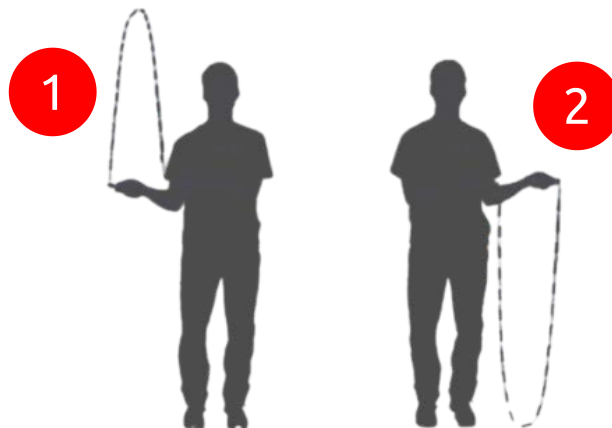


## CARDIO

### 1 Jump Rope Activities

#### C SIDE SWINGS

- Hold an end of the jump rope in each hand.
- Put both hands together holding the rope on the right side of your body.
- Swing the rope in a circle formation, crossing to the left side of your body.
- Swing the rope in a circle formation, crossing to the right side of the body.
- When crossing the rope from side-to-side make a sideways figure-8 pattern. Repeat 10 times.





## SKILL DEVELOPMENT

2

### Ball Activities

A

#### TOSS, CLAP & CATCH

- Hold the ball with both hands in front of you.
- Throw the ball into the air, clap your hands once, and then catch the ball.
- Throw the ball higher and clap your hands more than once before catching the ball.
- Repeat 5 times.
- How many times did you clap before catching the ball?

1



2



3



## SKILL DEVELOPMENT

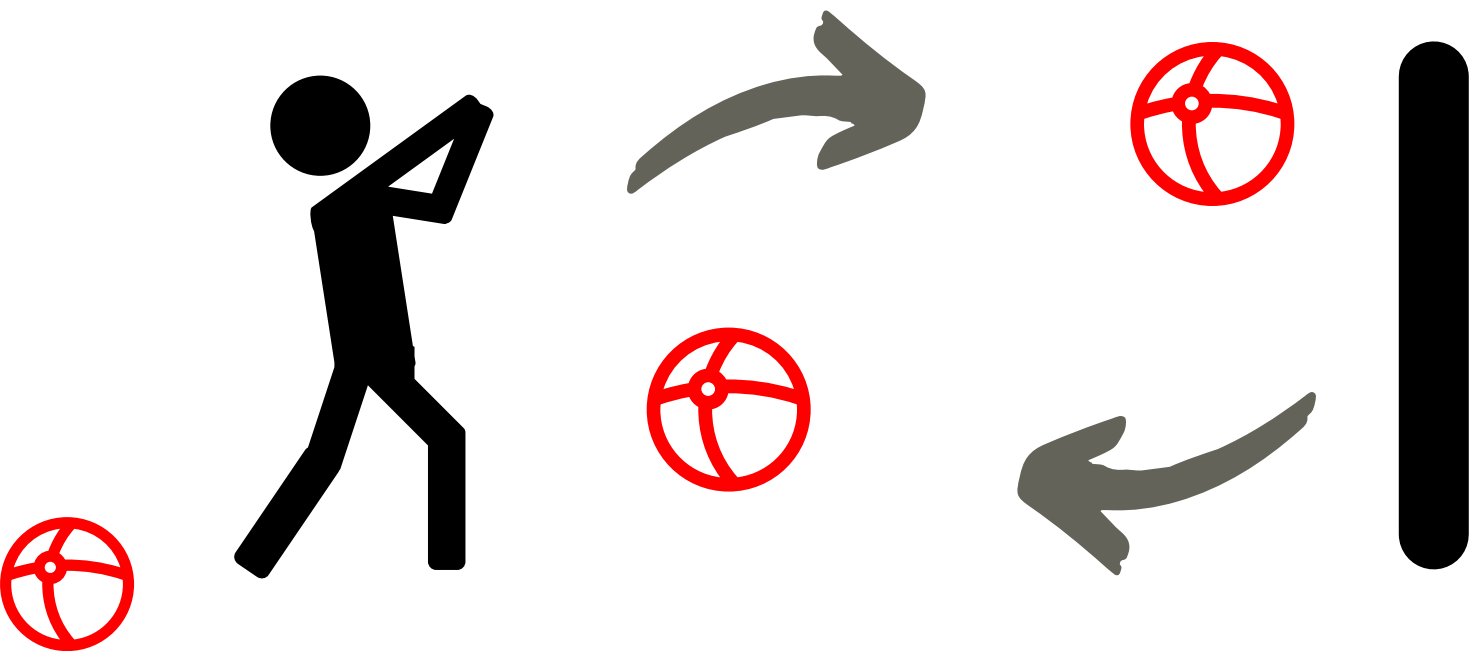
2

### Ball Activities

B

#### THROW TO THE WALL & CATCH THE REBOUND

- Stand facing a wall 5 feet away.
- Hold the ball in both hands at the chest.
- Throw the ball to the wall.
- Reach toward the returning ball to catch with both hands.
- Repeat activity 5 times.
- Take one step back and repeat activity again 5 times.



## SKILL DEVELOPMENT

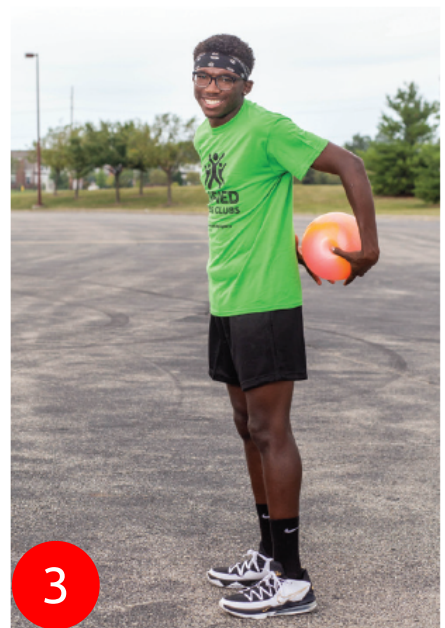
2

### Ball Activities

C

### BALL HANDLING CIRCLES

- Hold the ball with one hand and circle it around your body by passing it to the other hand.
- Complete 10 circles around your body.
- Change the level of the ball and circle around your head, waist, knees and ankles 10 times each.



## AGILITY

3

## Ladder Activities

A

## HOOP HOPPING

- Place 4 or 8 hoops in a line.
- Using only your right foot, hop forward into each hoop. Repeat 5 times increasing speed.
- Using only your left foot, hop forward into each hoop. Repeat 5 times increasing speed.



## AGILITY

### 3 Ladder Activities

#### B CREATE A NEW PATTERN

- Place 4 - 8 hoops on the ground to create your own pattern of movement. Hoops may be in a line, side-by-side or in a zig-zag pattern.
- Use a combination of locomotor skills (walk, run, jump, hop) to move from hoop to hoop.
- Use different directions (forward, backward or sideways) when creating your movement pattern.
- How many different patterns can you create?

## REMINDER: STEP CHECK

Have you been wearing your **wrist fitness tracker** and keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to walk 100 more steps today than your highest daily total last week!





## SKILL REVIEW

Select 2 skills to review

1

Cardio

A

### QUICK PUNCHES

- Put both your hands in fists by your chest. Keep your elbows down by your side.
- Turn toward your *left* side and punch your *right* arm in that direction.
- Return to the center with both hands in fists by your chest and elbows down by your side.
- Turn toward your *right* side and punch your *left* arm in that direction.
- Repeat 20 times.

1



2



3



4

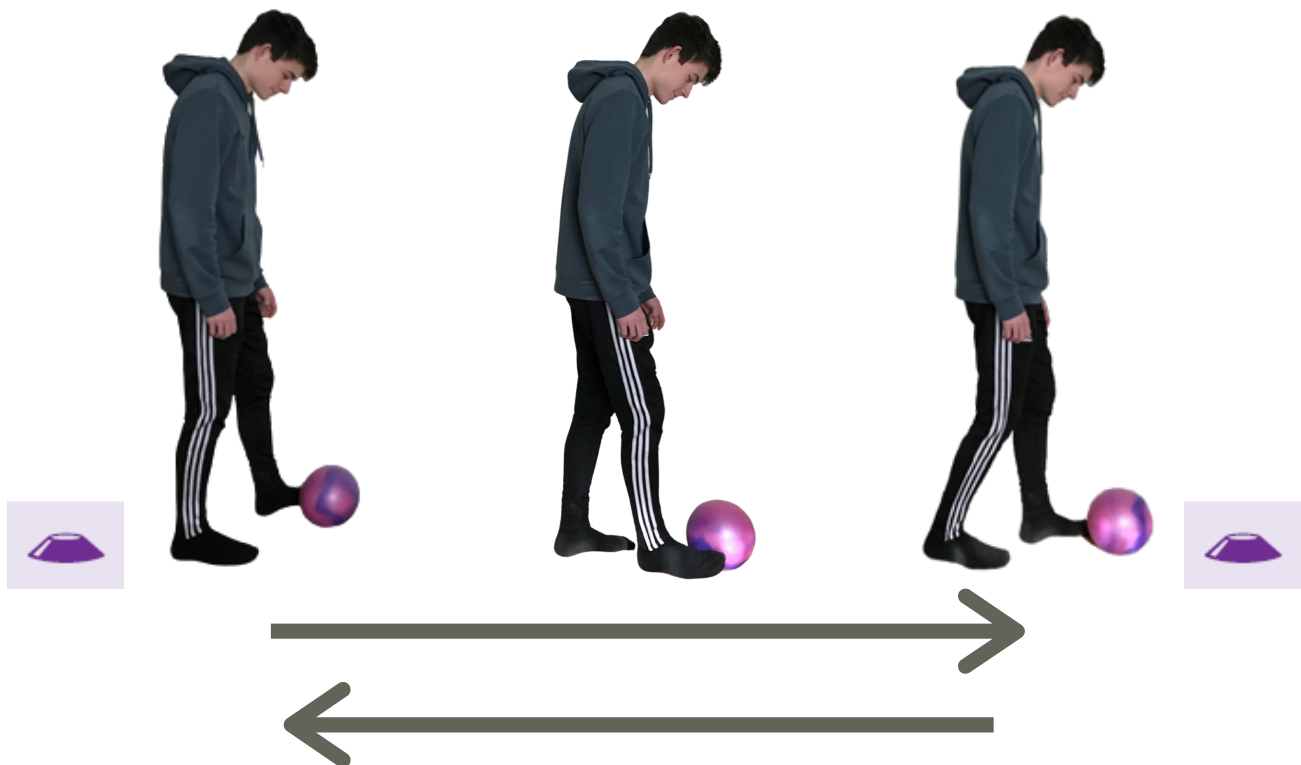


## SKILL REVIEW

## 1 Agility &amp; Cardio

## B BALL DRIBBLING

- Set up 2 cones, 10 steps apart.
- Begin at one cone, dribble the ball with your feet by gently tapping with the *right* foot and then the *left* foot to the other cone.
- Go around each cone 5 times.



## SKILL REVIEW

### 1 Strength

#### **C** BICEP CURLS

- Loop the band around your *left* knee.
- Kneel on your *right* knee and grab the band with your *left* hand with your palm up.
- Bend your elbow to touch your shoulder with your left hand, hold for 3 seconds, and return to the starting position. Repeat 10 times.
- Switch to the other side and repeat.

1



2



## SKILL REVIEW

1

### Cardio

D

## STATIONARY ROPE (SIDE TO SIDE)

- Place the rope on the ground in a straight line.
- Put your feet together beside the rope.
- Jump over the rope and back like a skier.
- Practice slowly and increase speed keeping a steady beat. Jump for 30 seconds. Rest and repeat.





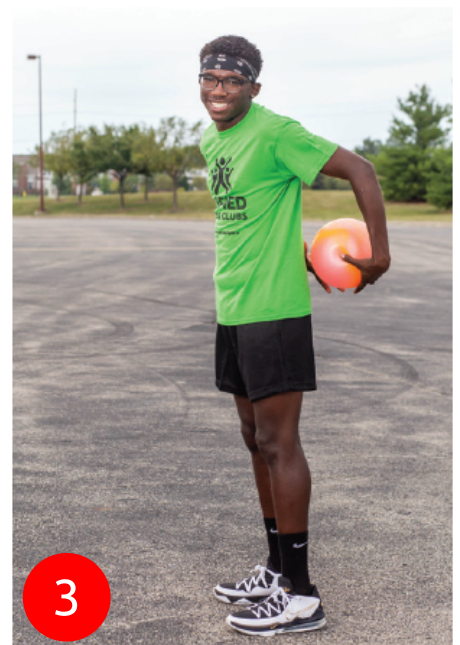
## SKILL REVIEW

Select 2 skills to review

### 2 Skill Development

#### A BALL HANDLING CIRCLES

- Hold the ball with one hand and circle it around your body by passing it to the other hand.
- Complete 10 circles around your body.
- Change the level of the ball and circle around your head, waist, knees and ankles 10 times each.



## SKILL REVIEW

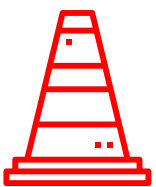
2

### Cardio

B

### ZIG-ZAG

- Place 5 cones in a zig-zag pattern with 5 big steps between each cone.
- Sprint between each cone.
- Repeat side shuffling between each cone.
- Repeat alternating sprinting and side shuffling between each cone.
- Repeat activity with the cones 10 big steps apart.





## SKILL REVIEW

### 2 Cardio & Agility

#### **C** CREATE A NEW PATTERN

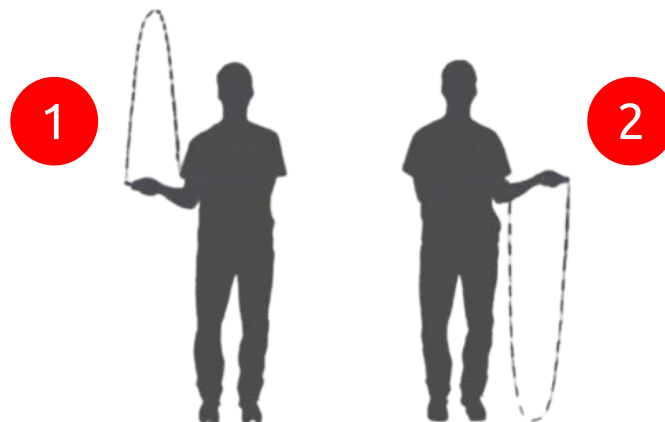
- Place 4 - 8 hoops on the ground to create your own pattern of movement. Hoops may be in a line, side-by-side or in a zig-zag pattern.
- Use a combination of locomotor skills (walk, run, jump, hop) to move from hoop to hoop.
- Use different directions (forward, backward or sideways) when creating your movement pattern.
- How many different patterns can you create?

## SKILL REVIEW

### 2 Cardio

#### D SIDE SWINGS

- Hold an end of the jump rope in each hand.
- Put both hands together holding the rope on the right side of your body.
- Swing the rope in a circle formation, crossing to the left side of the body.
- Swing the rope in a circle formation, crossing to the right side of the body.
- When crossing the rope from side-to-side make a sideways figure-8 pattern. & Repeat 10 times.



## REMINDER: STEP CHECK

Have you been wearing your **wrist fitness tracker** and keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to walk 100 more steps today than your highest daily total this week!



## OVERVIEW: WEEK 6

Week 6's theme is nutrition. Lesson One focuses on cardio activities using the jump rope and ball. Lesson Two continues cardio activities and adds flexibility and agility activities. Lesson Three gives students choices of agility, cardio, flexibility and strength activities to choose from using equipment from their fitness bag.

### Lesson One

- Jump Rope Activities - Cardio
  - Basic Forward Jump Rope
  - Side-Swing, Jump, Side-Swing
  - Side-Swing, Turn, Jump, Side-Swing
- Ball Activities - Cardio
  - Toe Tapping
  - Dribble the Ball Between Cones
  - Dribble the Ball Around Cones

### Lesson Two

- Endurance Activities - Cardio
  - March and Swing Arms
  - Arm and Leg Raise
  - Jumping Jack Squat
- Stretching Activities - Flexibility
  - Modified Hurdler
  - Side
  - Shoulder Rotation
- Cone Activities - Agility
  - Sprints
  - "M" Sprints

### Lesson Three

- Skill Review #1
  - Dribbling the Ball
  - Side-Swing, Jump, Side-Swing
  - March and Swing Arms
  - Side Stretch
- Skill Review #2
  - "M" Sprint
  - Hoop Running - Side-by-Side
  - Ball Stretch - Twist Left & Right
  - Clam Shells

# INTRODUCTION TO NUTRITION

Eating right is important to your health and your sports performance. Eating right can be easy because there are many delicious healthy choices.

Your goal is to eat at least 5 total fruits and vegetables every day!

Check out tips and ideas by watching the **How to Build a Healthy Meal** video.



## CARDIO

**1** Jump Rope Activities**A BASIC FORWARD JUMP**

- Hold an end of the jump rope in each hand.
- Start with the rope behind you touching your heels.
- Turn the rope over your head and jump over the rope.
- Practice jumping once, 3 times and 5 times in a row or more or continuously for 30 seconds.



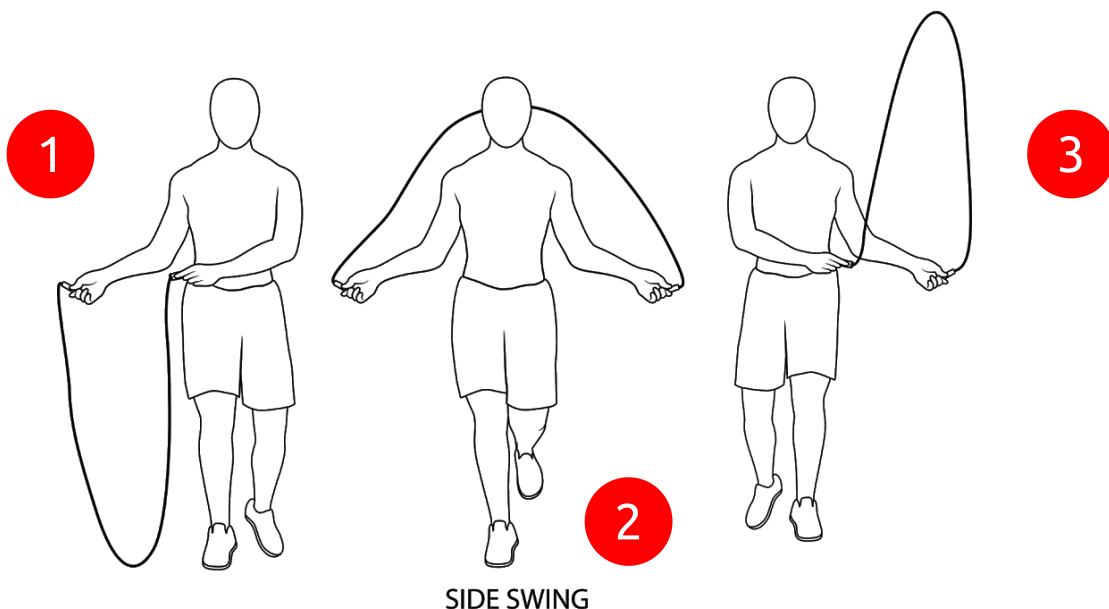


## CARDIO

### 1 Jump Rope Activities

#### B SIDE SWING & JUMP

- Hold an end of the jump rope in each hand.
- Put both hands together holding the rope on the right side of your body. Swing the rope in a circle formation.
- Pull hands apart opening the rope and jump over the rope.
- Put both hands together holding the rope on the left side of your body. Swing the rope in a circle formation.
- Pull hands apart opening the rope and jump over the rope.
- Repeat pattern: swing rope right - pull hands apart - jump - swing rope left - pull hands apart - jump.
- Repeat 10 times.



## CARDIO

### 1 Jump Rope Activities

#### **C** SIDE SWING, TURN & JUMP

- Hold an end of the jump rope in each hand.
- Put both hands together holding the rope on the right side of your body.
- Swing the rope in a circle formation.
- Pull hands apart opening the rope. Turn to the left and jump over the rope.
- Hands come back together to swing the rope on the left side of your body.
- Pull hands apart opening the rope. Turn to the right and jump over the rope.
- Repeat pattern: swing rope right - pull hands apart - turn to the left - jump - swing rope left - pull hands apart - turn to the right - jump.
- Repeat 10 times.



## CARDIO

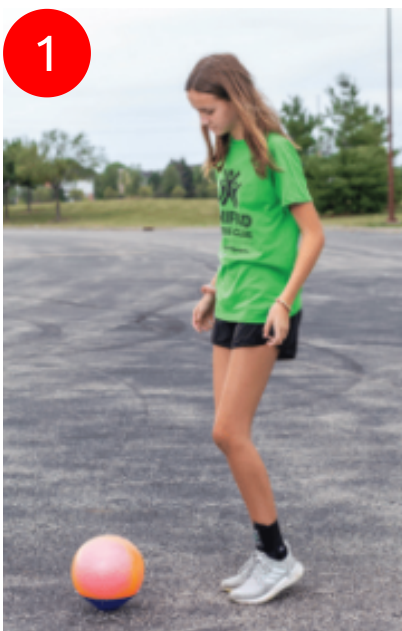
2

## Ball Activities

A

## TOE TAPPING

- Place the ball on the ground.
- Lightly touch the top of the ball with your *right* foot, then switch feet and touch the top of the ball with your *left* foot.
- Keep tapping the ball lightly while switching feet 10, 20 or 30 times.



## CARDIO

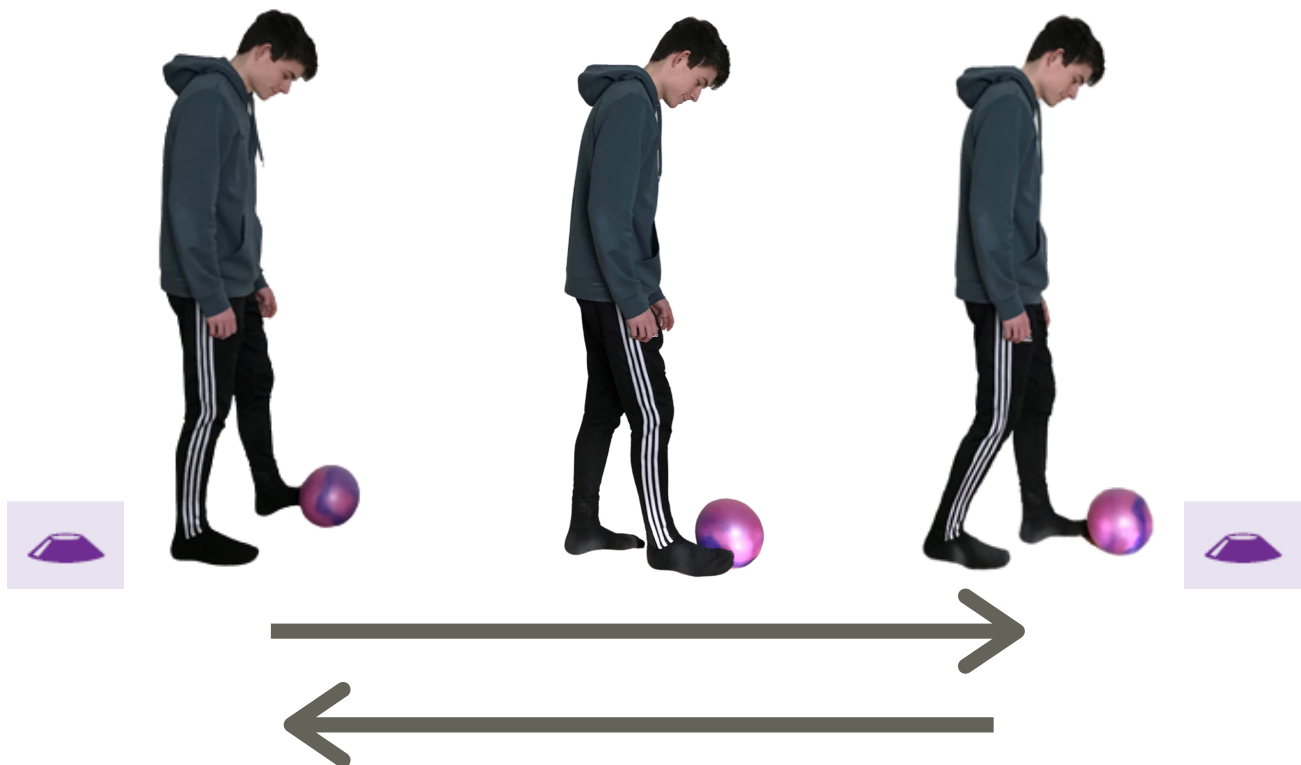
2

## Ball Activities

B

DRIBBLE THE BALL  
BETWEEN CONES

- Set up 2 cones, 10 steps apart.
- Begin at one cone, dribble the ball with your feet by gently tapping with the *right* foot and then the *left* foot to the other cone.
- Go around each cone 5 times.



## CARDIO

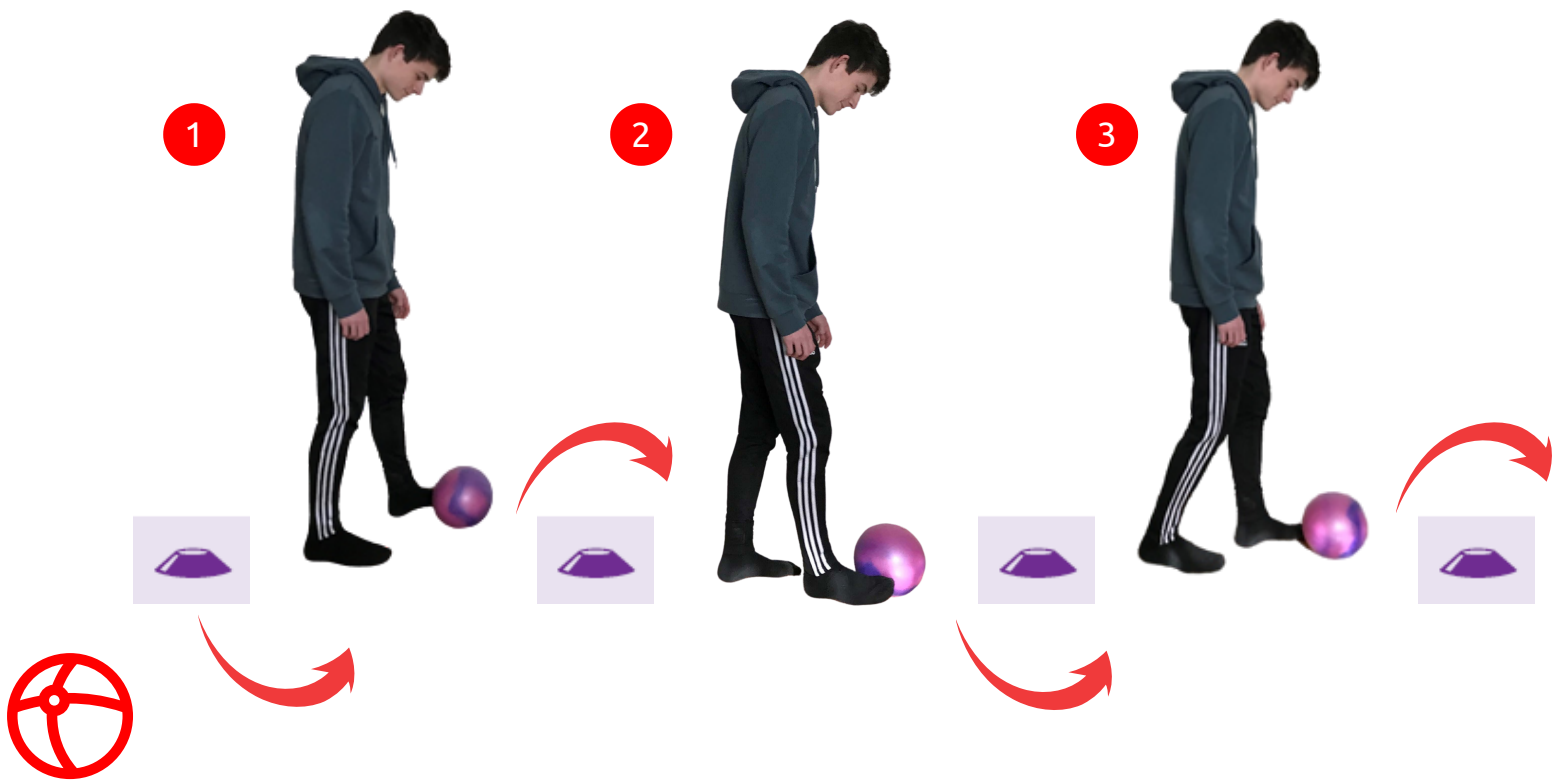
2

## Ball Activities

C

DRIBBLE THE BALL  
AROUND CONES

- Place 4 cones in a line 6 steps apart.
- Dribble the ball with your feet around the cones alternating to the left and right side of the cones.



## REMINDER: STEP CHECK

Have you been wearing your **wrist fitness tracker** and keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to take more steps in Week 6 than you did in Week 5!!





# HEALTHY FOODS

You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should eat.

## CREATING A HEALTHY PLATE

You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating.

This plate has all the food groups, with some great choices in each group!



## CARDIO

### 1 Endurance Activities

#### A MARCH AND SWING ARMS

- March in place. Lift your knees up as high as you can. Go at a steady pace for 60 seconds.
- As you bring your knee up, swing the opposite arm in front of you.
- Switch your arms when you switch your legs.



## CARDIO

### 1 Endurance Activities

#### **B** ARM AND LEG RAISE

- Start on your hands and knees.
- Slowly lift your right leg and your left arm until you make a straight line from heel to fingertip. Lower your arm and leg back to the starting position. Repeat 10 times.
- Repeat the same movement using your left leg and right arm. Repeat 10 times.
- Keep this exercise slow to help you balance.



## CARDIO

## 1 Endurance Activities

## C JUMPING JACK SQUAT

- Stand with your feet together and your arms down by your sides.
- Jump up and spread your legs apart as you swing your arms over your head.
- As you land with your legs apart, bend your knees and go into a wide squat.
- Jump up and bring your arms back to your sides and your legs together.
- Repeat 20 times.



# FLEXIBILITY

2

## Stretching Activities

A

### MODIFIED HURDLER

- Sit on the floor with your left leg straight out in front of you.
- Bend your right leg. Place the bottom of your right foot on the inside of your left knee. Let your right knee fall towards the floor.
- Keep your back straight. Bend your hips toward your left knee and reach toward your left foot. Hold for a count of 10. You should feel a stretch in the back of your left leg and the inside of your right hip.
- Repeat this stretch with your right leg straight and your left leg bent. Hold for a count of 10.



## FLEXIBILITY

2

### Stretching Activities

B

#### SIDE STRETCH

- Stand tall with your feet a little wider than your hips.
- Bring your left arm up so that it is close to your ear.
- Bend sideways at your waist toward your right side and hold for a count of 10. Keep your arm next to your ear the whole time. You should feel a stretch in the left side of your torso.
- Repeat with your right arm up and your left side bent. Hold for a count of 10.





## FLEXIBILITY

2

### Stretching Activities

#### **C** SHOULDER ROTATION STRETCH

- Stand or sit tall.
- Put your right arm next to your ear. Bend your elbow and reach your hand down as far as you can on your back.
- Now reach your left arm behind your back. Bend your elbow and reach your left hand as high up on your back as you can. Hold for a count of 10. You should feel a stretch in both shoulders.
- Repeat the stretch with your left arm next to your ear. Hold for a count of 10.

1



2



3



## AGILITY

### 3 Cone Activities

#### A SPRINTS

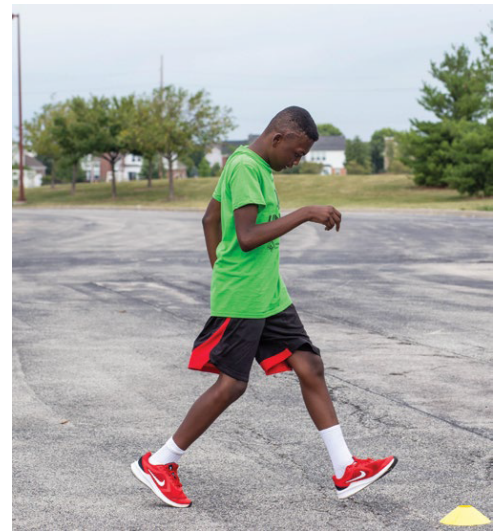
- Place 2 cones 10 big steps apart.
- Sprint straight from one cone and then back to the other.
- Continue the activity for 30 seconds, rest and repeat.



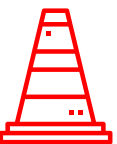
1



2



3

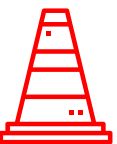


## AGILITY

## 3 Cone Activities

## B "M" SPRINTS

- Place 5 cones in an "M" shape.
- Sprint between each cone.
- Repeat 5 times either backpedaling, side shuffling or a combination of other locomotor movements (hopping, galloping, skipping) between cones.



## PERFECT PORTIONS

Here is a fun way to remember how much to eat when you have a serving.

The size of sports equipment on the left is about the same size as one serving of the foods on the right.



baseball



1 serving of fruit



1 serving of rice  
or pasta



1 serving of  
vegetables



hockey puck



1 serving of bread



1 serving of beans



1 serving of meat



golf ball



1 serving of cheese



1 serving of nuts



1 serving of nut  
butter



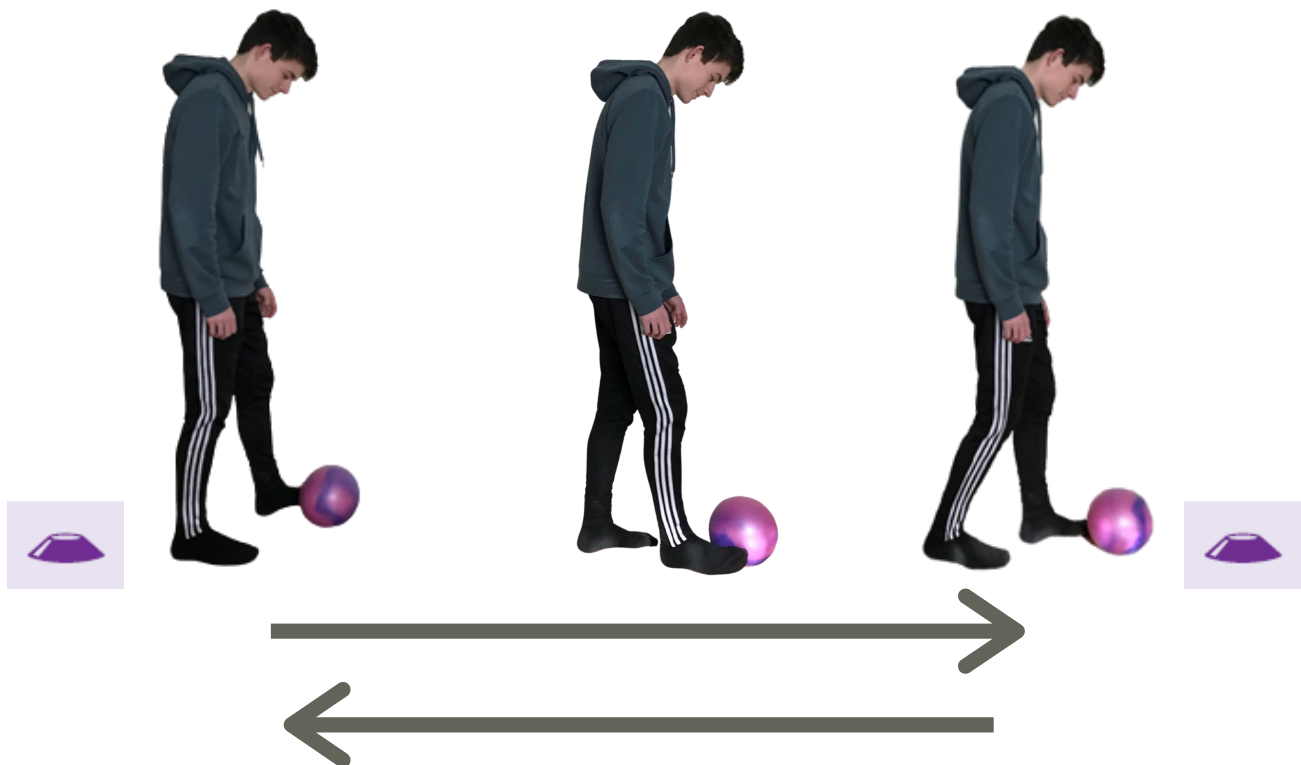
## SKILL REVIEW

Select 2 skills to review

### 1 Ball Activity

#### A DRIBBLE THE BALL

- Set up 2 cones, 10 steps apart.
- Begin at one cone, dribble the ball with your feet by gently tapping with the *right* foot and then the *left* foot to the other cone.
- Go around each cone 5 times.

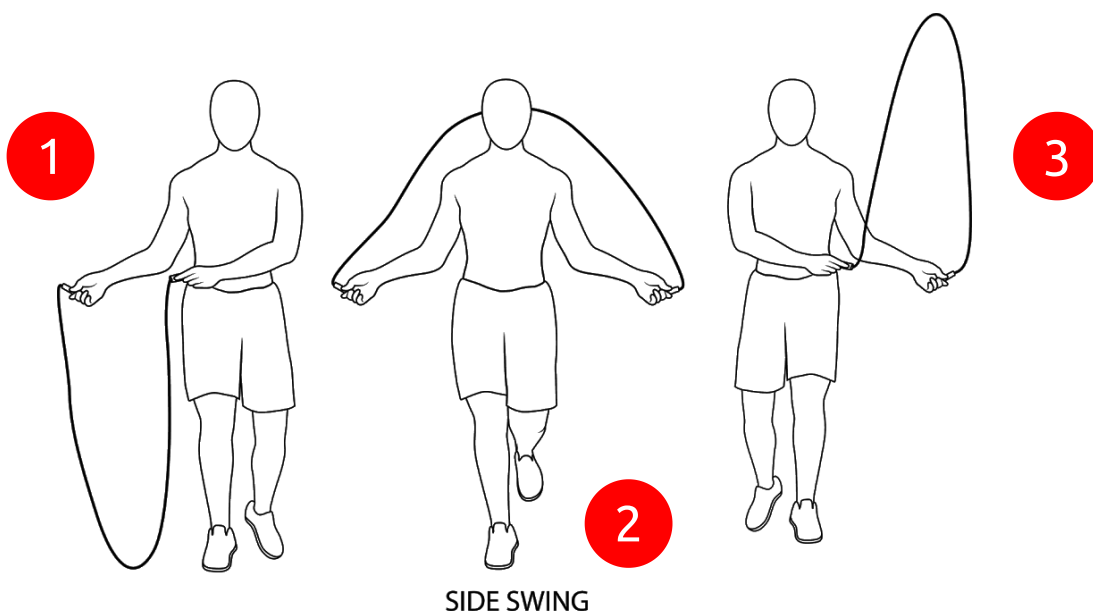


## SKILL REVIEW

### 1 Jump Rope Activity

#### B SIDE SWING & JUMP

- Hold an end of the jump rope in each hand.
- Put both hands together holding the rope on the right side of your body. Swing the rope in a circle formation.
- Pull hands apart opening the rope and jump over the rope.
- Put both hands together holding the rope on the left side of your body. Swing the rope in a circle formation.
- Pull hands apart opening the rope and jump over the rope.
- Repeat pattern: swing rope right - pull hands apart - jump - swing rope left - pull hands apart - jump.
- Repeat 10 times.





## SKILL REVIEW

### 1 Endurance Activity

#### **C** MARCH & SWING ARMS

- March in place. Lift your knees up as high as you can. Go at a steady pace for 60 seconds.
- As you bring your knee up, swing the opposite arm in front of you.
- Switch your arms when you switch your legs.



## SKILL REVIEW

1

### Stretching Activity

D

#### SIDE STRETCH

- Stand tall with your feet a little wider than your hips.
- Bring your left arm up so that it is close to your ear.
- Bend sideways at your waist toward your right side and hold for a count of 10. Keep your arm next to your ear the whole time. You should feel a stretch in the left side of your torso.
- Repeat with your right arm up and your left side bent. Hold for a count of 10.



## SKILL REVIEW

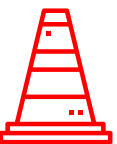
Select 2 skills to review

2

### Cone Activity

#### A "M" SPRINTS

- Place 5 cones in an "M" shape.
- Sprint between each cone.
- Repeat 5 times backpedaling, side shuffling or a combination of other locomotor movements (hopping, galloping, skipping) between cones.



## SKILL REVIEW

2

### Cardio Activity

B

### HOOP RUNNING (SIDE BY SIDE)

- Place hoops side-by-side in a line.
- Run forward by touching only one foot in each hoop.
- Repeat five times increasing speed.



## SKILL REVIEW

2

## Ball Activity

**C BALL STRETCH -  
TWIST LEFT & RIGHT**

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



1



2



3



4



## SKILL REVIEW

### 2 Resistance Band Activity

#### **D** CLAM SHELLS

- Lie down on your side with your knees bent and prop your body up on your forearm.
- Place the band around your thighs, just above your knees.
- Lift your top knee up as far as you can, hold for 3 seconds.
- Lower your knee, so your knees are back together. Repeat 10 times.
- Switch sides and repeat.



1



2



## REMINDER: STEP CHECK

Have you been keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

How many steps did you record in Week 6?



# 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

# CONTINUED

## 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

# BREATHING

Use deep breathing to relax when you feel stressed or nervous.

Try Triangle Breathing. Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



## CARDIO

### 1 Endurance Activities

#### A SIDE TO SIDE BOUNCING

- Start by standing on your right foot with your right knee bent.
- Leap as far as you can to your left. Land on your left foot with your knee slightly bent.
- Now leap as far as you can to your right. Land on your right foot with your knee slightly bent.
- Continue going from side to side 20 times Rest and repeat.

1



2



## CARDIO

### 1 Endurance Activities

#### B HIGH KNEES JOG IN PLACE

- Jog in place for 60 seconds.
- Try to get your knees as high as you can with each step.
- Swing your arms the whole time.

1



2



3





## CARDIO

## 1 Endurance Activities

## c JUMPING JACK SQUAT

- Stand with your feet together and your arms down by your sides.
- Jump up and spread your legs apart as you swing your arms over your head.
- As you land with your legs apart, bend your knees and go into a wide squat.
- Jump up and bring your arms back to your sides and your legs together. Repeat 20 times.



## AGILITY

### 2 Ball Activities

#### A JUGGLING WITH FEET

- Drop the ball from your hands to one leg and hit it lightly in the air using your thigh.
- Catch the ball and repeat 5 times.
- Too easy? Try dropping the ball and use your thigh to hit the ball multiple times without using your hands. Or try juggling the ball with your feet.

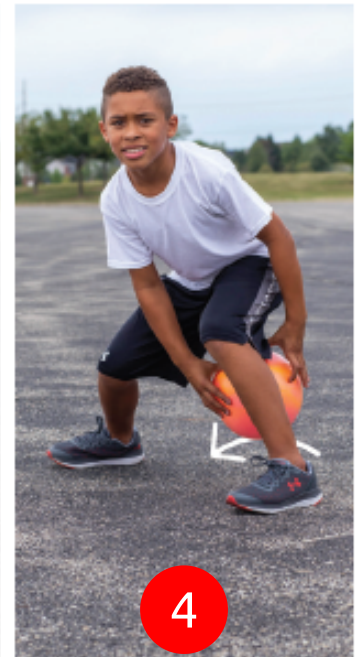


## AGILITY

## 2 Ball Activities

## B FIGURE-8

- Hold the ball in one hand and have your feet shoulder-width apart.
- Circle the ball around one knee and then the other knee making a figure-8 pattern.
- Make 10 figure-8 patterns.

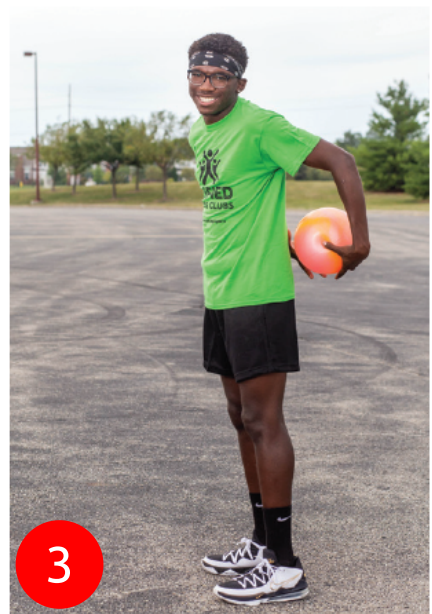


## AGILITY

### 2 Ball Activities

#### **C** BALL HANDLING CIRCLES

- Hold the ball with one hand and circle it around your body by passing it to the other hand.
- Complete 10 circles around your body.
- Change the level of the ball circle around your head, waist, knees and ankles 10 times each.





## FLEXIBILITY

### 3 Stretching Activities

#### A SPHINX POSE

- Lie on your stomach with your legs straight out behind you.
- Place your elbows under your shoulders and your forearms on the floor as you lift your chest up off the floor.
- Press your hips and thighs into the floor and think about lengthening your spine while keeping your shoulders relaxed.
- Sit up just enough to feel a nice stretch in your lower back.
- Hold this stretch for at least 30 seconds.



## FLEXIBILITY

### 3 Stretching Activities

#### **B** KNEE TO CHEST STRETCH

- Lie on your back with your legs straight.
- Pull your right knee into your chest while keeping the left leg straight and your lower back pressed into the floor.
- Hold for 30 seconds.
- Repeat with the other leg.





## FLEXIBILITY

### 3 Stretching Activities

#### **C** KNEELING HAMSTRING STRETCH

- Kneel on the ground with one leg straight in front of you. Your front heel should be on the ground. Your toes should be pointing up.
- Keeping your front leg straight, bend at your hips and lean over your front leg. Put your hands on the ground on both sides of your front knee. You should feel a stretch on the back of your front leg. Hold for 30 seconds.
- Repeat with your other leg in front.



## REMINDER: STEP CHECK

Have you been keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Have you increased your step count each week? If not, set a new goal for the most steps yet in Week 7!!



## DEEP BREATHING

Use deep breathing to relax when you feel stressed or nervous

Practice using the examples below!



Pretend you are smelling a flower by **breathing in through your nose slowly**



Pretend you are **blowing out a candle slowly**



# BALANCE

1

## Balance Activities

A

### LEG SWINGS

- Stand on your *left* foot. Swing your *right* foot from front to back while keeping your balance.
- Repeat 10 times.
- Repeat this exercise on the other side by standing on your *right* foot.



# BALANCE

1

## Balance Activities

B

### BALANCE BEAM WALK

- Place the jump rope on the ground in a straight line.
- Walk forward along the jump rope, keeping your balance.
- Repeat walking sideways and backwards.

1



2



# BALANCE

1

## Balance Activities

### **C** SINGLE LEG STANCE

- Stand on one leg with your arms out to the side.
- Work up to holding this position for 30 seconds.
- Switch and balance on the other foot.





# STRENGTH

2

## Strength Activities

A

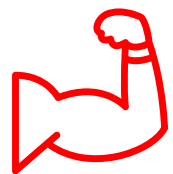
### HIP BRIDGE

- Lay on your back with your arms down by your sides.
- Bend your knees so that your feet are flat on the floor.
- Keeping your stomach muscles tight, lift your hips off the ground toward the ceiling. Lift as high as you can. Pause. Slowly lower back to the starting position.
- Repeat 10 times.

1



2



## STRENGTH

2

### Strength Activities

B

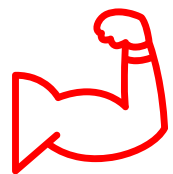
#### BICEP CURLS

- Loop the band around your *left* knee.
- Kneel on your *right* knee and grab the band with your *left* hand with your palm up.
- Bend your elbow to touch your shoulder with your left hand, hold for 3 seconds, and return to the starting position. Repeat 10 times.
- Switch to the other side and repeat.

1



2



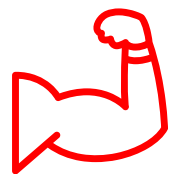
# STRENGTH

2

## Strength Activities

### **C** BURPEES

- Squat down. Touch the floor with your hands just outside of your feet.
- Jump or step your legs back behind you and get into a push-up position.
- Jump or step your feet forward to get back to the squatting position.
- Jump high into the air with your arms above your head. Bend your knees slightly when you land.
- Repeat 10 times.

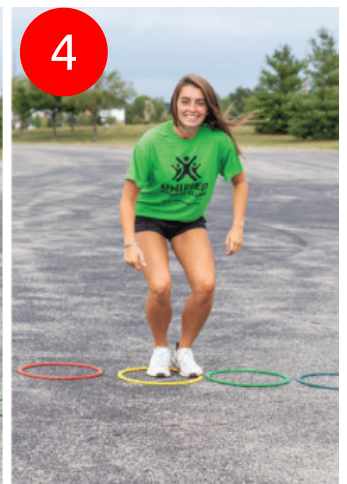


## AGILITY

### 3 Hoop Activities

#### A HOOP JUMPING

- Place 4 or 8 hoops in a line.
- Jump forward so both feet land in each hoop.
- Repeat the activity jumping sideways so both feet land in each hoop.
- Repeat 3 more times creating your own pattern such as jump forward, jump sideways, jump forward, jump sideways.

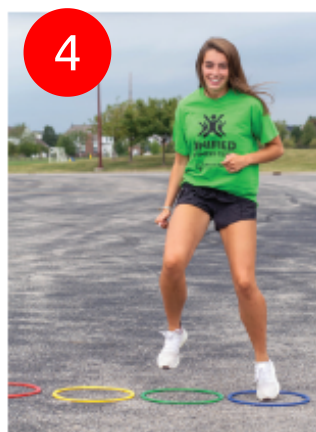
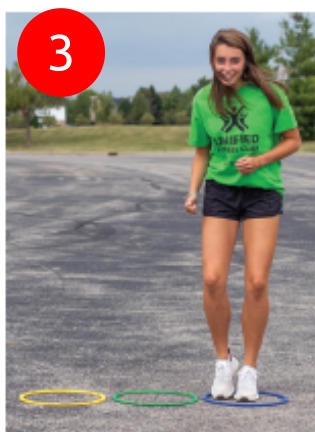
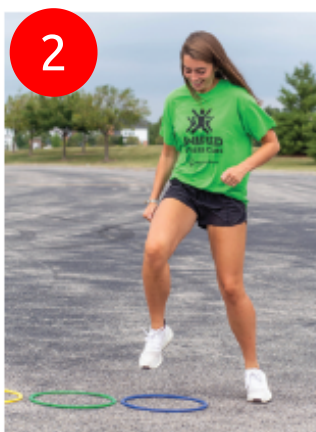
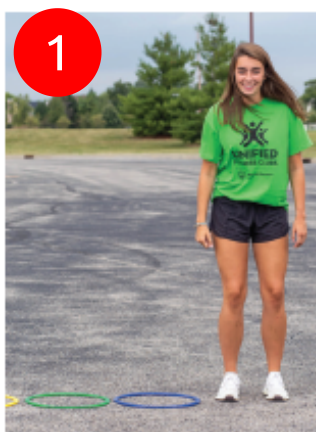


## AGILITY

## 3 Hoop Activities

**B HOOP RUNNING -  
SIDEWAYS HIGH KNEES**

- Place 4 or 8 hoops in a line.
- Step sideways into the first hoop with your right foot, then left, raising your knees high.
- Step into the next hoop, right foot then left, to the end of the hoops.
- Repeat 5 times increasing speed.



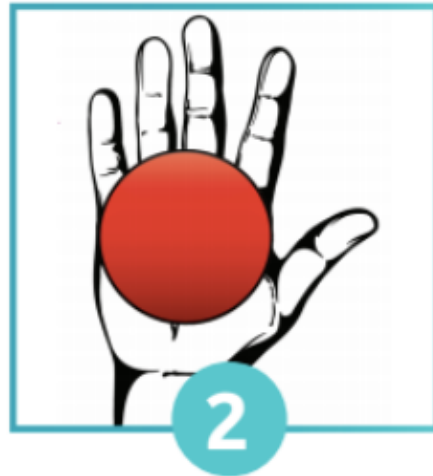
## MANAGING STRESS

Use a stress ball or tennis ball to help you feel better when you are stressed.

Try the exercise below!



Squeeze the ball for **3 seconds**.



Release the ball **slowly**.



Repeat **5 to 10 times** for **1 minute**.





## SKILL REVIEW

### Select 1 Endurance Activity

#### 1 Endurance Activities

##### A SIDE TO SIDE BOUNCING

- Start by standing on your right foot with your right knee bent.
- Leap as far as you can to your left. Land on your left foot with your knee slightly bent.
- Now leap as far as you can to your right. Land on your right foot with your knee slightly bent.
- Continue going from side to side 20 times.

1



2



## SKILL REVIEW

### 1 Endurance Activities

#### B HIGH KNEES JOG IN PLACE

- Jog in place for 60 seconds or longer.
- Try to get your knees as high as you can with each step.
- Swing your arms the whole time.

1



2



3



## SKILL REVIEW

### 1 Endurance Activities

#### **C** JUMPING JACK SQUAT

- Stand with your feet together and your arms down by your sides.
- Jump up and spread your legs apart as you swing your arms over your head.
- As you land with your legs apart, bend your knees and go into a wide squat.
- Jump up and bring your arms back to your sides and your legs together. Repeat 20 times.



## SKILL REVIEW

### Select 1 Flexibility Activity

#### 2 Flexibility Activities

##### A SPHINX POSE

- Lie on your stomach with your legs straight out behind you.
- Place your elbows under your shoulders and your forearms on the floor as you lift your chest up off the floor.
- Press your hips and thighs into the floor and think about lengthening your spine while keeping your shoulders relaxed.
- Sit up just enough to feel a nice stretch in your lower back.
- Hold this stretch for at least 30 seconds.



## SKILL REVIEW

### 2 Flexibility Activities

#### **B** KNEE TO CHEST STRETCH

- Lie on your back with your legs straight.
- Pull your right knee into your chest while keeping the left leg straight and your lower back pressed into the floor.
- Hold for 30 seconds.
- Repeat with the other leg.



## SKILL REVIEW

### 2 Flexibility Activities

#### **C** KNEELING HAMSTRING STRETCH

- Kneel on the ground with one leg straight in front of you. Your front heel should be on the ground. Your toes should be pointing up.
- Keeping your front leg straight, bend at your hips and lean over your front leg. Put your hands on the ground on both sides of your front knee. You should feel a stretch on the back of your front leg. Hold for 30 seconds.
- Repeat with your other leg in front.





## REMINDER: STEP CHECK

Have you been keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Have you reached your step goal for Week 7?



# OVERVIEW: WEEK 8

Week 8 introduces the power of words and how positive messages can reduce stress and improve confidence. Lessons One and Two review agility, balance, cardio and flexibility exercises including the obstacle course at the end of Lesson Two. Lesson Three wraps-up the Unified Fitness Challenge with an exit ticket for students to complete and a completion certificate that teachers and students can download.

## Lesson One

- Strength & Cardio Activities
  - Shin Touches
  - Zig-Zag
  - Quick Punches
- Stretching Activities - Flexibility
  - Child's Pose
  - Calf Stretch
  - Seated Rotation Stretch

## Lesson Two

- Agility & Balance Activities
  - Hoop Jumping - Wide & Narrow
  - Balance Beam Walk
  - Square Drill
- Obstacle Course!
  - Obstacle Course #1
  - Obstacle Course #2
  - Obstacle Course #3 - Create your own!

## Lesson Three

- Exit Activity
  - Complete the exit ticket and download your certificate!

## WORDS OF EMPOWERMENT

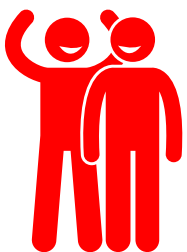
Use positive messages to Improve your confidence and ability to handle stress.

What are your positive thoughts?

I am STRONG.

I am BRAVE.

I CAN DO it!



## STRENGTH & CARDIO

1

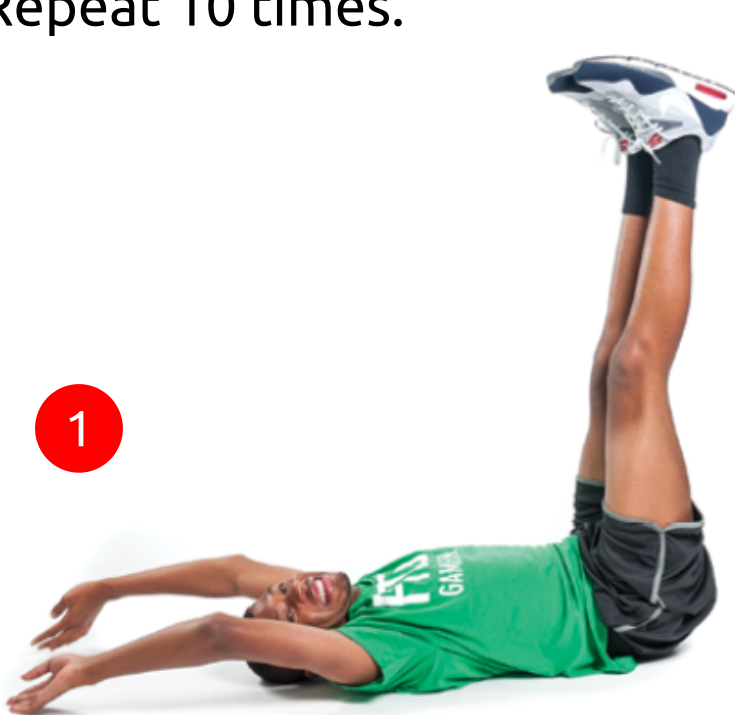
### Strength & Cardio Activities

A

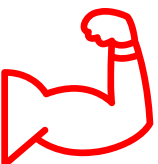
#### SHIN TOUCHES

- Lay on your back on the floor. Put your legs straight up over your hips and your arms over your head.
- Lift your arms. Touch your shins. Bring your head, neck, and upper back off the ground as you reach toward your shins. Slowly lower back to the starting position.
- Repeat 10 times.

1



2



## STRENGTH & CARDIO

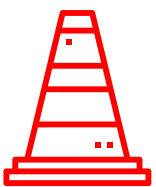
1

### Strength & Cardio Activities

B

#### ZIG-ZAG

- Place 5 cones in a zig-zag pattern with 5 big steps between each cone.
- Sprint between each cone.
- Repeat side shuffling between each cone.
- Repeat alternating sprinting and side shuffling between each cone.
- Repeat activity with the cones 10 big steps apart.



## STRENGTH & CARDIO

1

### Strength & Cardio Activities

C

#### QUICK PUNCHES

- Put both your hands in fists by your chest. Keep your elbows down by your side.
- Turn toward your *left* side and punch your *right* arm in that direction.
- Return to the center with both hands in fists by your chest and elbows down by your side.
- Turn toward your *right* side and punch your *left* arm in that direction.
- Repeat 20 times.

1



2



3



4





## FLEXIBILITY

### 2 Stretching Activities

#### A CHILDS POSE

- Kneel on the ground.
- Bend at your hips. Put your arms next to your head with your hands on the ground in front of you.
- Sit your bottom down over your heels.
- You should feel a stretch in your shoulders and lower back. Hold for 10 seconds.



## FLEXIBILITY

2

### Stretching Activities

B

#### CALF STRETCH

- Stand facing a wall. Put your hands against the wall at shoulder height.
- Put one foot in front of the other.
- Bend your elbows and lean in toward the wall. Keep your knee straight and your hips forward. Make sure your heel stays on the ground.
- You will feel a stretch in your calves. Hold for 10 seconds. Switch your feet and repeat the stretch.



## FLEXIBILITY

### 2 Stretching Activities

#### C SEATED ROTATION STRETCH

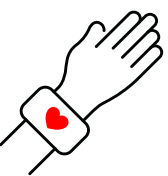
- Sit tall on the floor with your legs straight out in front of you.
- Cross your right leg over your left leg. Put your right foot on the floor close to your left knee.
- Turn your upper body towards your right side. Use your right arm to help you sit tall. Use your left arm against your right leg to help you twist. You should feel a stretch in your hip and the side of your back. Hold for 10 seconds.
- Switch sides and repeat the stretch.



## REMINDER: STEP CHECK

Have you been keeping up with your **Daily Step Tracker**? Remember to enter the number of steps you record **EVERY** day!

Challenge yourself to walk 100 more steps today than your highest daily total last week!

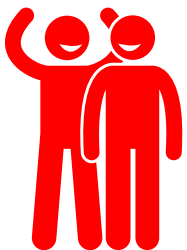
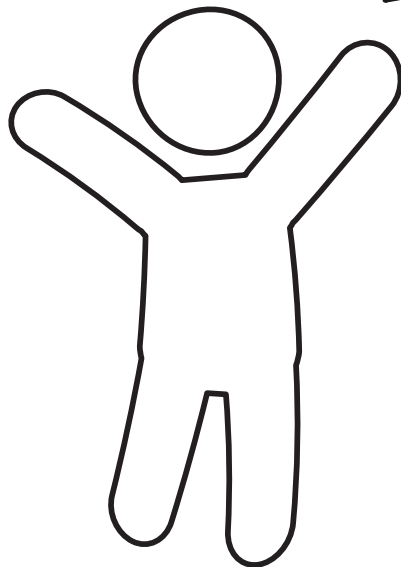


## WORDS OF ENCOURAGEMENT

Write your own positive thoughts and words of encouragement.

If you are with a classmate or family member, turn to them and practice sharing a positive thought.

You are a  
nice friend!



## AGILITY & BALANCE

### 1 Agility & Balance Activities

#### A HOOP JUMPING WIDE & NARROW

- Place 4 to 8 hoops in a straight line.
- Straddle the first hoop so both feet are apart (*wide*) on the outside of the hoop.
- Jump into the first hoop with your feet together (*narrow*).
- Continue jumping with feet apart (*wide*) and then jump with feet together (*narrow*).
- Repeat 3 times increasing speed.



1



2



3



4





## AGILITY & BALANCE

1

### Agility & Balance Activities

B

#### BALANCE BEAM WALK

- Place the jump rope on the ground in a straight line.
- Walk forward along the jump rope, keeping your balance.
- Repeat walking sideways and backwards.

1



2



## AGILITY & BALANCE

1

### Agility & Balance Activities

C

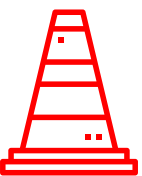
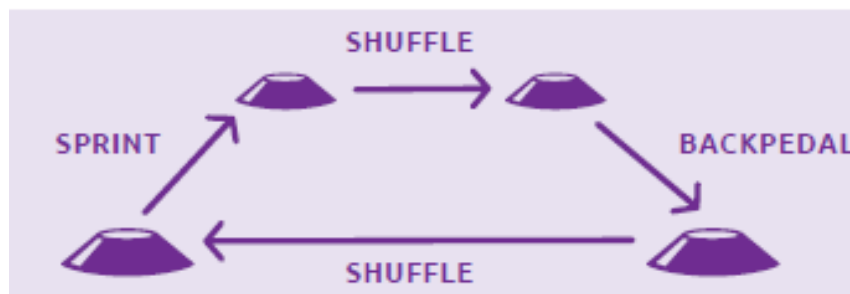
#### SQUARE DRILL

- Place 4 cones in a square with 10 big steps between each cone.
- Alternate between sprinting, side shuffling, backpedaling and side shuffling between each cone.
- Repeat 5 times.
- Repeat activity using other locomotor skills such as hopping, skipping or galloping.

1



2



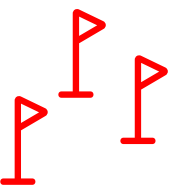
## OBSTACLE COURSE

### 2 Design an Obstacle Course

Create an obstacle course to improve your agility, balance, endurance and strength. Use your equipment and be creative.

Check out the 2 examples below or get creative and make your own!

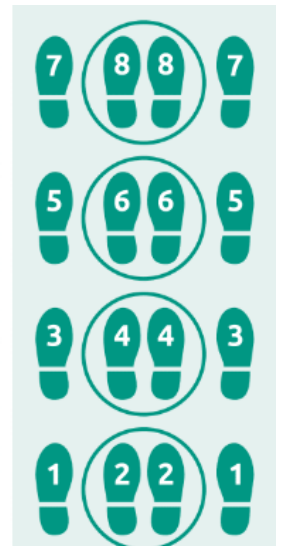
Repeat the same obstacle course twice or create two different courses.



## OPTION #1

1

Place 8 hoops in a line and jump with your feet apart and then together.



2

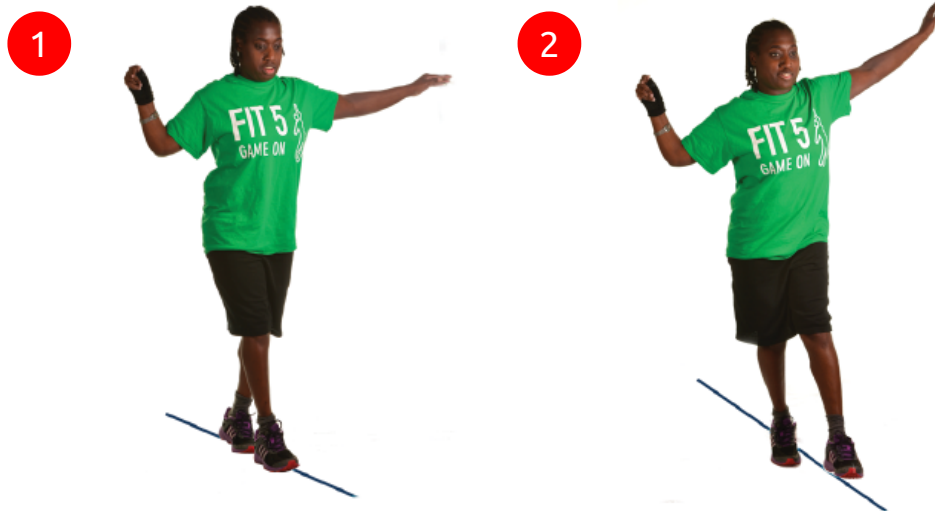
Place 4 cones in a zig-zag pattern and slide sideways to each cone.



## OPTION #1

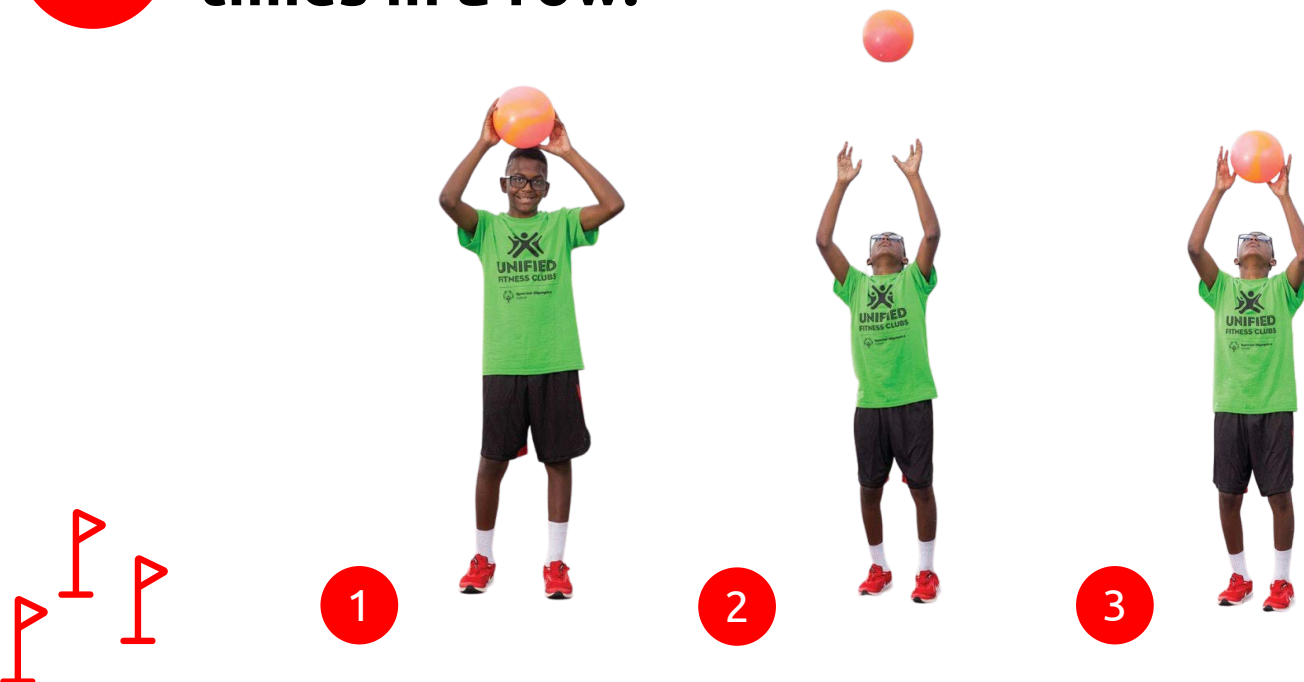
3

Place the jump rope in a straight line and walk backwards on the rope.



4

Pick up the ball and toss and catch 5 times in a row.





## OPTION #1

**5** Perform 5 push ups.

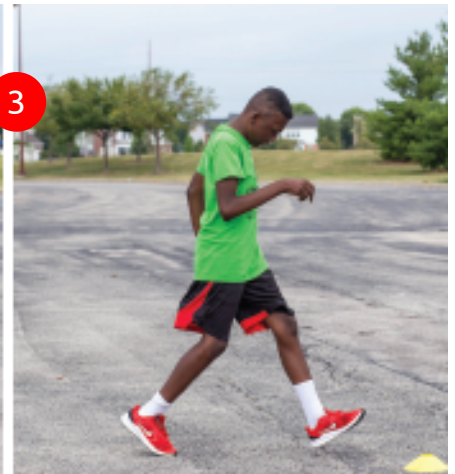


From your knees

**OR** From from your hands and feet



**6** Sprint (run as fast as you can) to the last cone.

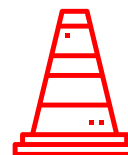
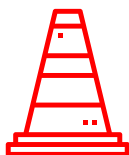
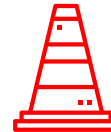
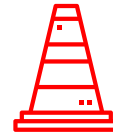
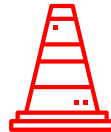
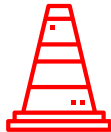
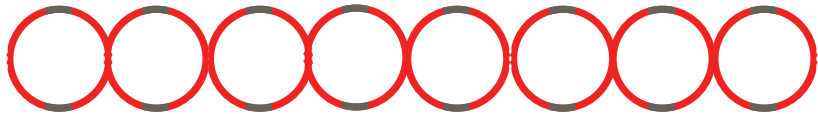
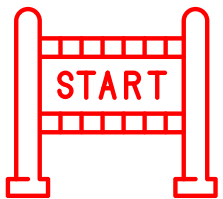




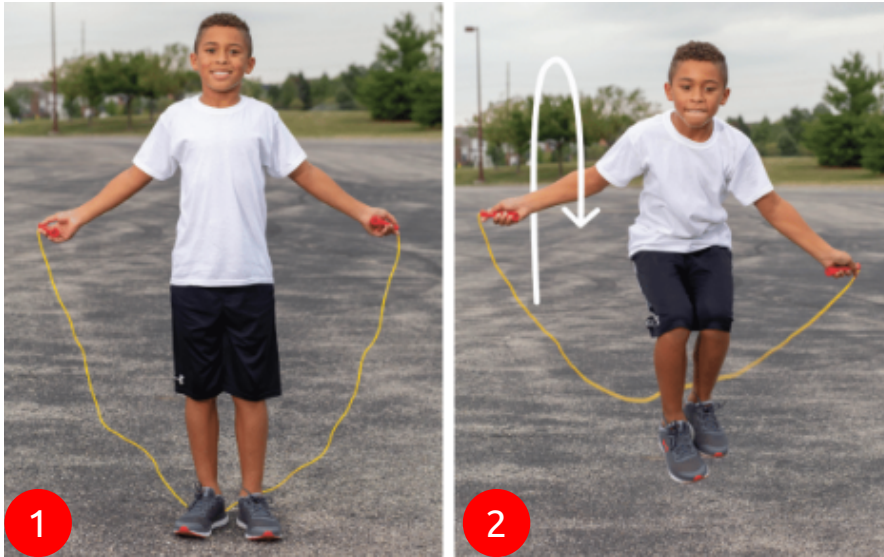
## OBSTACLE COURSE

1

## Option #1 Example Map



## OPTION #2

**1 Jump Rope forward 5 times.****2 Place hoops side by side in a line. Using fast feet, step in each hoop.**

## OPTION #2

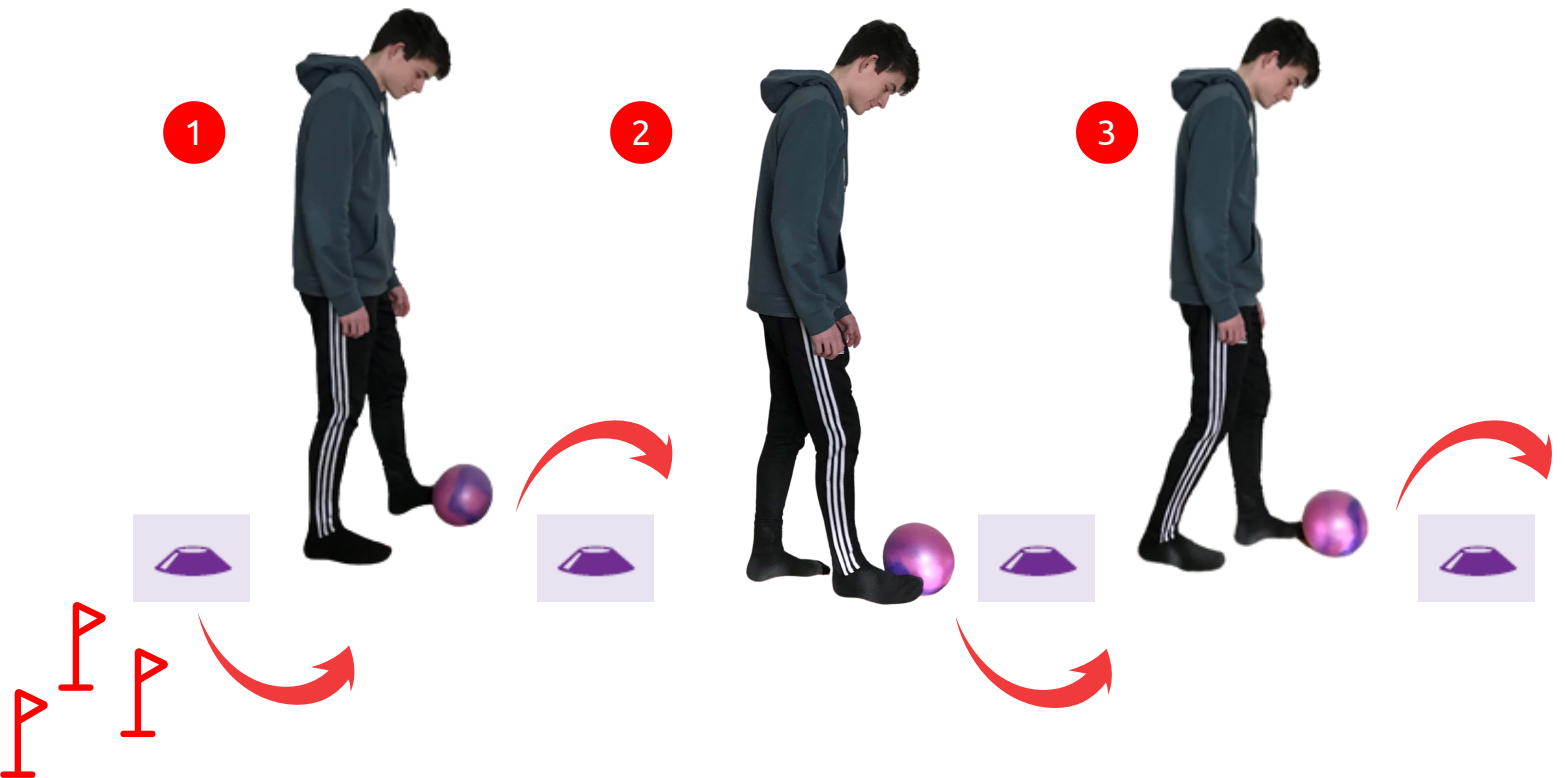
3

Place a cone 10 steps away from the last hoop. At the cone perform 10 quick punches.



4

Place 4 cones 6 steps apart. Dribble the ball with your feet around the cones.



## OPTION #2

5

**Perform 5 frog jumps.**

1



2



3

6

**Perform a leg stance (balance) for a count of 10.**

1

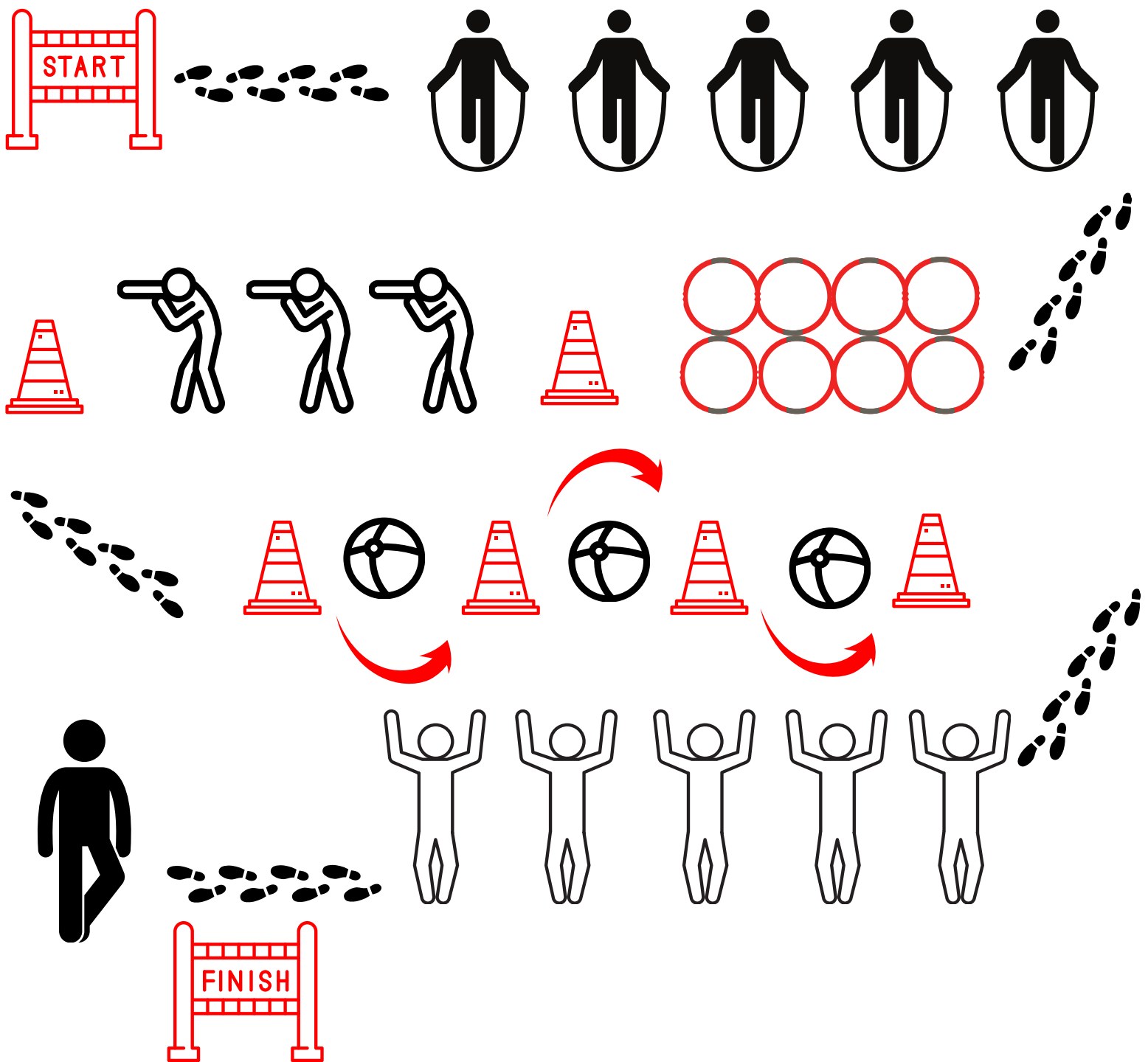


2

## OBSTACLE COURSE

2

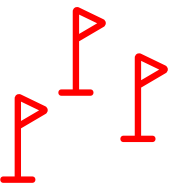
## Option #2 Example Map



## OPTION #3

1

**Design your very own obstacle course!!**





## EXIT ACTIVITY

Answer the questions below and submit to your teacher.

**1** Take a look at you completed Daily Step Tracker.

**A** Did you improve in the number of steps you took each week?

**B** What could you change to increase the number of steps you take each day?

## EXIT ACTIVITY

**2** Why do you think it is important to exercise?

**3** What is the BEST healthy beverage choice?

## EXIT ACTIVITY

**4**

You should eat a total of 5 fruits and vegetables each day. What is your favorite fruit and vegetable?

**5**

What was your favorite exercise/activity? Why?