

Fitness Skills - Week 1, Lesson 2 - Time 30 minutes

Ladder - Agility Activities Time: 15 min

Hoop Walking

- 4 or 8 hoops in a line
- Walk forward so each foot touches a hoop.

Hoop Running

- 4 or 8 hoops in a line
- Run forward so each foot touches a hoop.
- Repeat increasing speed

Wide and Narrow

- 4 or 8 hoops in a 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 increasing speed

Ball Activities - Catching and Throwing Time: 10 min

Drop and Catch to Self

- Hold the ball with both hands at the waist
- Feet apart
- Drop the ball
- Catch the ball after it bounces with both hands.
- Repeat

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 3x's, 5x's, 10x's without dropping the ball

Throw and Catch to Self - *Left and Right Side of the Body*

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

Resistance Band - Strength Time: 5 min

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.

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 start position.
- Repeat with the left leg.
- Repeat the same exercise by lifting your leg out to the side.