

## Week 1



## NEW - March Calendar

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WEEKLY  
CHALLENGE

### Challenge: Ball Handling

This week we challenge you to Get Dribbling! Grab a basketball and keep that ball bouncing. See how many consecutive bounces you can do without looking at the ball – make sure to use your dominant and non-dominant hands. See how high the ball can get and try to improve that number each day. If that is too easy, add in a lunge and dribble; get down on your knees and back up while dribbling; dribble with your eyes closed and try dribbling while balancing something on your head!

#### BURST 1: SLAP/TIP/CIRCLE/CATCH

Materials: Wadded up piece of paper for each participant.

Directions:

- Kids stand by their desks.
- This burst will work on hand eye coordination.
- Maintain an athletic stance – feet shoulder width apart, knee's slightly bent, weight should be balanced on both feet.
- Slaps – Slap the paper back and forth with each hand. Work on maintaining control of the paper so it doesn't fly away.
- Tips – Using just the fingertips, tap the paper back and forth from the right to left hand.
- Circles – Holding paper with fingertips circle around the head to the right then the left.
- Catch – Toss the paper in the air and catch with two hands one hand on either side of the paper.
- Repeat 3 times.

# Weekly Bursts

## Week 1

### BURST 2: COIN FLIP

Materials: Coin or two-sided object.

Directions:

- Choose a leader to flip a coin for the class. Each coin flip corresponds to 30 seconds of the activity. Repeat as desired. Call out the activity choices prior to the coin flip.
- Flip one: heads = squats, tails = lunges.
- Flip two: heads = butt kickers, tails = plank.
- Flip three: heads = high knees, tails = mountain climbers.
- Flip four: heads = jog on the spot, tails = jumping jacks.
- Flip five: heads = push-ups, tails = burpees.
- Repeat for 1 more round, choose another leader to flip the coin.



### BURST 3: DANCERS

Materials: None

Directions:

- Practice the four basketball moves/steps.
  - Pivot & reverse pivot – keep one foot planted and pivot other foot forward and backward.
  - Chest pass – Pretend to hold a ball in your hands at chest level, step forward while moving arms forward like making a pass.
  - Overhead pass – Pretend to hold a ball in hands at head level, step forward while moving arms in an overhead motion as if making a pass.
  - Jump shot – Pretend to hold a ball in hands at shoulder level, bend knees slightly and jump up while moving arms upward and toward the basket.
- Practice moving each of those basketball moves for eight counts (the moves don't have to match the counting as long as they happen within the eight count phrase).
- Now practice moving each of those basketball moves for four counts – the time we have to do the moves gets a little bit less and we have to move quicker.
- Practice doing all four moves for eight counts and then four counts right away (putting them together into a longer choreography).
- Now practice moving each of those basketball moves for two counts.
- Now practice moving each of those basketball moves for one count (feel the difference in tempo/speed of our movements).
- Try the whole thing together with movement! Starting with each basketball move eight counts, four counts, two counts, one count!

# Weekly Bursts

## Week 1

### **BURST 4: ABC WORKOUT - "BALL HANDLING"**

Materials: ABC Skill Chart Directions:

- Perform the movements associated with each letter of the word provided using the ABC workout poster on page 3 of the March Fitness Calendar.

### **BURST 5: WORLD'S GREATEST STRETCH**

Materials: None

Directions:

- Step out into a high plank with hands and toes on the ground.
- Take one big step forward with the right leg, putting that foot near the outside of your right hand. Try to keep your right heel firmly planted on the ground.
- Lower your right elbow as low as you can comfortably go, feeling a stretch that is effective but not painful. If possible, reach your right arm under your left arm, twisting your torso. Hold for 10 seconds.
- Gently pull your right arm out from under your left arm, then twist until your right arm is reaching towards the ceiling. Focus on opening your chest and twisting your torso. Hold for 10 seconds.
- Repeat steps three and four a few times, twisting your torso and trying to reach your right arm farther each time.
- Next, keep your right foot forward and lean your hips back, bending the left leg and straightening the back of the right leg. You should feel a nice stretch in the back of the right leg. Hold for 30 seconds.
- Return to the high plank position and take a short rest if necessary. Then, repeat steps one to six with the left leg.

