

Week 3



NEW - March Calendar

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WEEKLY
CHALLENGE

Challenge: Shooting

This week is all about shooting some hoops. Grab a basketball, find a hoop (a trash can or laundry basket can work too) and get shooting. Try a daily five point challenge. See how many shots you can make within 5 minutes. Try to improve this number each day OR challenge yourself and shoot from a further distance each day. Good luck!

BURST 1: DEFENSE BURST

Materials: None

Directions:

- Kids will follow commands of the leader.
- Commands are as follows: Fast, Slow, Floor, Slide.
- Fast – Foot fire, fast feet.
- Slow – High knees slowly tapping foot on ground.
- Floor – Squat down and touch both hands.
- Slide – One defensive slide in each direction.
- Leader calls out the commands at random, getting faster as you go along.
- Continue for allotted time.

BURST 2: LEVELS

Materials: None

Directions:

- Do each of the following movements for 30 seconds:
- 30 seconds of jump squats.
- 30 seconds of high knees.
- 30 seconds of lunges (alternating legs).
- 30 seconds of plank.
- Rest for 20 Seconds.
- Repeat three times.

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BURST 3: TABATA STAND UP, SIT DOWN

Materials: Chair

Directions:

- For 20 seconds have all of the kids stand up and sit down in their chair continuously. Have the kids count how many stand up/sit downs they get.
- 10 seconds of rest.
- Repeat this four to eight times. Have the kids try to complete the same number of stand up/sit downs in subsequent rounds as they did in round one.

BURST 4: ABC WORKOUT - "SHOOTING"

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: BLOOMING FLOWER

Materials: None

Directions:

- Wilt and bloom like a flower as you follow along with this stretching flow.
- Stand with feet under hips, chest tall and core tight.
- Imagine roots are growing into the ground from your feet, keeping you firmly planted. Take three deep breaths. Imagine you are a wilting flower. Cross one ankle over the opposite knee, sit back and down into a mini squat. Hold for 20 seconds, then switch sides.
- Stand up tall, remembering your roots in the ground. Reach down towards your ankles, letting your head relax. Hold for 20 seconds.
- Like a flower after being watered, slowly come back up into standing. Reach your arms up as high as they can go, like you're a blooming flower. Stretch up for 10 seconds.