

Week 1



NEW - April Calendar

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WEEKLY
CHALLENGE

Challenge: Science

Experiment with movement: Science is about observation and experimentation. This week we challenge you to experiment with movement. Try a different type of exercise each day this week and observe the changes in your body/how that movement makes you feel and what differences you observe in your body when doing different exercises. Exercises to try (one for each day of the week): movement flow, sprinting, body weight (20x squats, lunges and push-ups), dance and a team game such as basketball.

BURST 1: MAKE A SMOOTHIE BURST

Materials : None

Directions:

- Do each activity for 15-30 seconds.
- Use body movements as if you are making a smoothie.
 - Reach up and take out your blender from a high shelf– reach up and down from above your head.
 - Add ingredients – fruit, milk, yogurt – squat up and down while pretending to pour ingredients into a container.
 - Turn blender on – spin right.
 - Turn blender off - spin left.
 - Put smoothie in a cup – squat down.

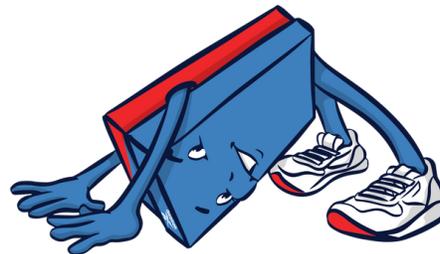
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BURST 2: PI DAY BURST

Materials: None

Directions:

- Three jumping jacks, one tuck jump, four squats.
- Three speed skaters, one tuck jump, four lunges.
- Three push-ups, one tuck jump, four crunches/sit-ups.
- Three squat jumps, one tuck jump, four donkey kicks.
- Repeat series three times.
- Ask kids to create their own series of: three, one and four. Then have some kids share with the class as time permits.



BURST 3: STEAM DANCE BURST

Materials: Music

Directions:

1. Isolation warm up – throughout the warm up move different parts of the body while keeping all other parts stationary.
 - Head – up/down, turn side to side L/R, tilt ear to shoulder – L/R, ½ circles.
 - Shoulders – shrug up/down both shoulders, L/R up/down, forward/backward both shoulders, L/R forward/backward,
 - Ribs – hands on hips, move ribs side to side L/R.
 - Hip circles – spin L/R.
 - Balance – stand on one foot, rotate opposite ankle in circles, switch feet.
 - Shakes – shake right hand, left hand, right foot, left foot, both hands, whole body.
 - Jump and shoot as if taking a jump shot.
 - Pretend to bounce a ball as if you are dribbling down the court.
 - Pretend to pass the ball as if you are passing to a teammate.
 - Pretend to dribble the ball back and forth between right and left hand as if trying to go around an opponent.
 - Celebrate as if your team just won the championship.
2. STEAM Dance
 - S – Spin – Step one foot to the side, rotate body to back of room – step other foot, spin body back to the front and step next to the planted foot. Move arms out to the sides and into body as you spin. Perform for a count of 16 – 4 steps for each turn.
 - T – Tap – Tap feet on the ground or use hands to tap on different body parts. Perform for a count of 16 – mix it up with feet and hand taps.
 - E – Expand – Spread arms and expand the body as wide and big as possible. Contract and make yourself small. Perform for a count of 16.

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BURST 3: STEAM DANCE BURST CONTINUED

- A – Angles – Create different angles with your arms, legs and body. Big, small and all different angles. Perform for a count of 16.
- M – March – March around or in place for a count of 16.
- Repeat 1-2 times or for as long as time allows.

BURST 4: CATERPILLAR TO BUTTERFLY

Materials: None

Directions:

- Do each activity for 15-30 seconds:
- Caterpillar spins a silky cocoon - spin around right, spin left.
- Molt into a shiny chrysalis - reach up and down as if covering your body.
- Radically transform your body - wiggle around frantically in all directions.
- Break out of your cocoon - pretend to open chrysalis and jump - spread arms and jump out.
- Emerge as a butterfly or moth - spread arms and move like a butterfly.

BURST 5: TWIST AND FLOW

Materials: None

Directions:

- Mountain pose: Stand with feet spread hips distance apart and shoulder blades rolled back and down. Inhale hands over your head and exhale them back down to your sides. Repeat.
- Tree pose: Bring hands to hips, shift weight onto your left leg, and bring your right foot to touch your left ankle- knee turned open to the right. As you feel confident with your balance, slowly move the sole of your foot to the inside of your calf, then your inner thigh, avoiding the knee. Place right foot back on the floor, return feet to hips distance apart, and repeat on the left side.
- Chair pose with twists: Stand with feet spread hips distance apart. Sink hips back and down, like you're sitting in a pretend chair. Bring hands to touch over your heart, elbows over knees, and twist your chest open to the right side of the room. Return to center and repeat on the left side. Come back to standing.
- Eagle: Bring feet together to touch and sink your hips back and down like you're sitting in a chair. Bring hands to rest on your hips. Shift weight into your left leg and raise your right leg to cross up and over your left thigh. If possible, wrap your right foot behind your left ankle. Uncross your legs, return to standing, and repeat on the other side.
- Twisted high lunge: From standing, take a big step back with your left foot, and bend your right knee to a 90-degree angle, pressing back through the left heel. Bring hands together over your heart, elbows over the front knee, and twist your chest open to the right side of the room. Return to center, step left foot back up to meet the right, and repeat on the other side.

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BURST 5: TWIST AND FLOW CONTINUED

- Child's pose with side extensions: Sit all the way back on your heels and walk your hands out in front of you until your forehead is gently resting on the floor. Keep arms extended.
- Side extensions (from child's pose): Walk hands over to the right side of the body, remaining seated on your heels. Walk hands back to center, then over to the left side.
- Seated twist: Sit up tall with your legs extended straight in front of you. Bring your right foot to the inside of your left thigh, knee pointed toward the sky. Cross your foot over the left leg and place it on the other side keeping the knee pointed up. On your next inhale, turn your upper body open to the right and stop wherever you feel challenged but comfortable. As you exhale, untwist, and return to center. Return your right leg to extended out in front of you and repeat on the left side.
- Seated forward fold: Extend legs out in front of you and bring your belly button down towards your thighs.
- Rest and reset: Lay on your back and relax all the muscles in your body.

