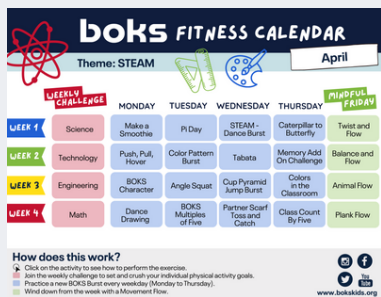


Week 2



NEW - April Calendar

Download by logging into the Trainer Hub

WEEKLY
CHALLENGE

Challenge: Technology

Use Technology to Track Progress – This week, we are going to challenge you to track your physical activity progress by noticing how your body reacts to different states of activity. Your first data point is your resting heart rate. Measure your resting heart rate (sit quietly and take your pulse). A phone app or a heart rate monitor could be helpful. Record your resting heart rate in a spreadsheet or a sheet of paper. Then choose an activity like burpees or squats. Use the spreadsheet to record your resting heart rate each day this week and then your heart rate after performing 60 seconds of burpees or squats. With the spreadsheet, you can calculate the change in your heart rate and a chart of your changing heart rates. Let us know if you come up with different data points to measure in the spreadsheet.

BURST 1: PUSH, PULL, HOVER

Materials : Chair

Directions:

- Roll up a piece of paper and pretend it is a basketball.
- Have kids sit in their chairs. Please use chairs with four legs for safety!
- Push- grip both sides of the chair and push down as hard as you can without lifting yourself off the chair (30 seconds).
- Pull- maintaining the grip on both sides of the chair, pull up on the chair as hard as you can (30 seconds).
- Hover- with hands still gripped on the sides of your chair, push into the seat to lift your body and hover on your chair for as long as you can.

Variations/Challenges:

- Want to make it a bit more challenging? Extend your legs straight out in front of you while you hover.

Week 2



BURST 2: COLOR PATTERN BURST

Materials: Paper and writing utensil.

Directions:

- Leader creates a four-color pattern with four different colors (blue, red, green, yellow).
- Each color is designated with a different skill (blue = jumping jacks, red = butt kickers, green = squats, yellow = high knees).
- Leader does not show the pattern to the class.
- Class chooses one kid to guess the order of the color pattern (e.g., red, blue, green, yellow).
- Class completes the skills that follow along with the color pattern that they guessed, do one of each skill for each color guessed.
- Leader draws the colors on the board or in front of the class so the kids can see what colors they got correct (e.g., #2 is yellow, #3 is green – if that is what the kids guessed).
- Kids continue to take turns guessing the color pattern until they guess the correct pattern or time runs out for the activity.

BURST 3: TABATA

Materials: None

Directions:

- Perform each exercise for 20 seconds followed by 10 second rest.
- 20 seconds of a skill in place (e.g., squats, burpees, jumps, jumping jacks).
- 10 second rest.
- Repeat four to eight times.

Note: Tabata is a form of exercise that alternates intense activity with resting.

BURST 4: MEMORY ADD ON CHALLENGE

Materials: None

- Kids stand in a circle of maximum ten kids (so you may have two or three circles of kids).
- The first kid in each group chooses an exercise and number of repetitions for the whole group to do.
- The next kid adds an exercise and number of repetitions.
- The whole group does this exercise and then repeats the first one again.
- This continues all the way around the circle.

Variations/Challenges:

- For younger groups, you may want smaller circles, so they don't have as many exercises to remember. You can also post a list of exercises for the kids to choose from based on those that you have already taught. You might want to also include repetition options - e.g., number of repetitions can be 5, 10 or 15. Your exercise choices can be jumping jacks, squats, scissor kicks, tuck jumps or push-ups.

Week 2



BURST 5: BALANCE AND FLOW

Materials: None

Directions:

- This flow is perfect for practicing balance and mindfulness. Give yourself about 10 minutes to work through the flow, and make sure you have enough space to move comfortably.
- Tree pose: Stand on one foot, balancing, bring the opposite foot to touch your ankle or inner thigh.
- Toe stand: Bring feet and knees to touch while standing. Raise as high as you can on your toes and hold.
- Cat-cows with variations: Come to your hands and knees on the floor. On your inhale, lift your head to the sky and let your belly button sink toward the floor. On your exhale, let your head fall toward the floor and arch upwards through your back/shoulders.
- Plank with variations: Place hands under shoulders and lift knees off the ground so the back of your body forms a straight line.
- Side planks: From plank, shift all your weight to the right hand and foot, and stack the left foot on top of the right. Repeat on your left side.
- Child's pose: 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 ground. Keep arms extended.
- Boat Pose: Sit on the floor, balance body on sit bones extend legs up so body is in a V position.
- Rest and reset: Lay on your back and let all the muscles in your body relax.