

WARM-UP

4 mins

■ **Work It**

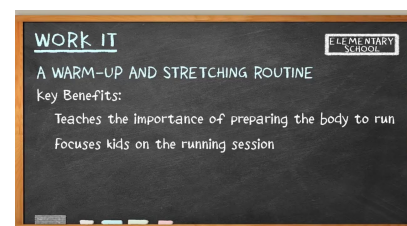
 No Equipment

 4 mins



Instructions

- Have runners spread out an arm's length apart from each other.
- Guide participants through a series of dynamic stretching movements.
- Start with gentle movements, gradually quickening the pace as you go. Demonstrate each movement while you call it out.
- Use the following exercises, repeating each one up to three times, or make up your own movements:
 - Reach up to the sky and ground.
 - Bend over and swing side to side.
 - Do the twist.
 - Jump up and down.
 - Kick your butt.
 - Wiggle and jiggle it out.
- Do each activity 2-3 times, lasting a total of 3 to 5 minutes.
- Have fun with it—improvise and create your own routines.



Assess the participants

What to watch for:

- Fluid movements
- Comfortable stretching without straining or overstretching

Direction cues to share with participants:

- Offer any direction tips as necessary for participants who aren't sure of the movements.
- "Stretch your muscles. Nice and gentle."
- "Remember to breathe."

Note: Only give a participant one direction at a time.

Discussion

When you've completed Warm Up, talk to your participants about their experience with the activity. Here are some sample questions to get you started:

- Why do you think it's important to warm-up? (Warm-ups help prepare us for activity by getting our blood flowing and letting our muscles wake up slowly)
- Why is it important not to stretch too far? (Overstretching could cause injury)
- Why is it better to warm-up than to just go immediately into running or some other activity? (Your body will be better prepared; your muscles will be warmer and looser and ready to run)
- What else is a warm-up good for? (It helps us to mentally prepare for the activity, to think about what's coming up)

Modifications

- Create your own routine.
- After they've done several routines, ask participants for suggestions for the next exercise.
- Add an appropriate, upbeat soundtrack.
- For younger participants doing the wiggle and jiggle warm-up activity you can start with isolated areas, i.e. wiggle your fingers, now wiggle your arms, jiggle your legs, etc. and then wiggle and jiggle your entire body.

Inclusion Strategies

Classrooms are filled with learners who demonstrate a variety of needs and abilities, including ESL participants, those with disabilities, and gifted/talented participants. Consider these adaptations as you work to modify the lesson for participant success.

- If participants are chair users, have them out of the chair and on a mat to be at the same level as their peers (have peers sit on the ground and stretch).
- Partner stretching: Participants can interact with each other and work on mirroring each other.
- Have visual aids paired with verbal instructions.
- Have participants with minimal range of motion use stretching bands, or have them reach out as far as they can for an object and then back to a normal position.
- Slow down the counting or do two sets of 10 so the participants who take a longer time to process the change in movement will be able to catch up and have an adequate stretch.
- Have the participants push and pull against objects to get deep pressure sensations (push on mats, the wall, floor).

SKILL LESSONS & ACTIVITIES

16 mins 15 secs

■ Sports Club

 No Equipment

 5 mins 30 secs

Setup



- Participants spread out in the playing area with a good view of you.

Instructions


- Call out a specific sport and participants must demonstrate the action for 15 to 30 seconds.
- For example call out “ice skating” and participants skate around, or “boxing” and participants move their feet quickly as they throw imaginary punches toward a wall.
- Continue to call out sports and the participants model the actions.
- You can have participants come up with the list before the activity.

Cues

- Use your imagination.

■ Fitness Circuit Blast

 Tape, Balance Objects

 6 mins

Setup



- Prepare stations using clear markers or signs.
- Time at each stations should be 4-5 minutes.

Safety

- Spatial awareness

Balance

- Stand as long as you can (up to a minute) on one foot on an uneven surface (wobble board, bosu, foam piece), then switch feet.
- Modification: Perform the exercise while standing behind a steady, solid chair (without wheels), holding the back of it.

Walking heel to toe

- Walk heel to toe (putting your right foot in front of your left foot so that the heel of your right foot touches the toes of your left foot).
- Continue for 20 steps (to a cone and back); continue until time is up.

Squats

- Stand with your feet hip-width apart directly in front of a chair with your back to the chair.
- Keeping your chest up, push your hips back and bend your knees to lower your body toward the chair.
- Either touch your butt to the chair or sit down on it; your upper body should be leaning forward slightly.
- Pause, then push through your feet and squeeze your butt to return to start position.
- Repeat until time is up.

Plank

- Hold plank until time is up.
- Encourage participants to rest as they need to.

Cross jump

- Tape/chalk a cross (+) onto the floor.
- Have participants jump and hop over lines in cross.
- Modification: Move in opposite direction or hop on other foot.

Push ups

- Repeat until time is up.
- Encourage participants to rest as needed.



Modifications

- Encourage participants to hop, skip or jump around the playing area.

Water Break


⌚ 45 secs


Your doing great! Grab some water and be ready to continue the challenge.

Challenge #1 - Global Running Day

Participants will complete challenge #1 of the Global Running Day Virtual Challenge.

■ Puzzle Balances

 No Equipment

 4 mins



Instructions

- Ask participants to show how they can balance on different combinations of body parts. For example, can you balance on one leg, two knees, a knee and an elbow, your toes, three body parts, five body parts?

Progression


- Ask participants to think of new ways they can balance and describe what they have done.
- Have participants show their balance to the rest of the group, and have the whole group try the new balance.
- Have participants try balances with a partner. For example, can you and your partner balance on three legs and an elbow, one hand and two bottoms, three body parts?

COOL-DOWN

3 mins

■ Cool It

 No Equipment

 3 mins



Instructions

- Have participants spread out an arm's length from one another.
- Guide them through a series of fluid stretching movements.
- Use these exercises, repeating each one several times, or make up your own. Demonstrate each movement as you call it out.
 - March in place with high knees.
 - Twist gently like a rag doll.
 - Pick apples (reach up and down).
 - Do hula hoops.
 - Do shoulder circles.
 - Wiggle and jiggle it out.



Tips

- Be creative and keep participants moving naturally.
- Improvise and create your own routines.
- Do Cool It at a slow, and fluid pace.
- Include cool-down exercises that keep your participants moving, without overstretching or straining.

Discussion

When you've completed Cool Down, talk to your participants about their experience with the activity. Here are some sample questions to get you started:

- Why do you think it's important to cool down? (Cool-downs help our bodies to slow down gradually and relax and stretch our muscles after all of their hard work. Cool-downs get us ready for what we're doing next.)
- Why is it important not to stretch too far? (Overstretching could cause injury)



Modifications

- Create your own routine.
- After they've done several routines ask participants for suggestions for the next exercise.
- Add a soothing soundtrack for them to cool down to.

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- Partner stretching: Participants can interact with each other and work on mirroring each other.
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- Slow down the counting or do two sets of 10 so the participants who take a longer time to process the change in movement will be able to catch up and have an adequate stretch.
- Have the participants push and pull against objects to get deep pressure sensations (push on mats, the wall, floor).