


SKILL LESSONS & ACTIVITIES

25 mins

■ Get Moving Circuit

 No Equipment

 10 mins

Setup



- Set up stations around the playing area.
- Participants can choose which station they want to start at.

Instructions

- Explain the stations:
 - Jump: Squat as low as you can and then jump to the sky or from side to side.
 - Move: March in place or step and touch from side to side.
 - Stretch: Do a side bend or forward lunge.
- Give participants one minute at each station to complete the activity as many times as they can.
- Provide 30 seconds to move to the next station.
- Participants rotate to each station at least twice.

Modifications

- Have participants come up with the activity for each station.

■ Card Cardio Challenge

 Playing Cards

 10 mins

Setup



- Split a deck of cards into 4 piles each containing the same cards.
- Place participants into 4 teams and give them a pile of cards.


Activity Instructions


- On the signal, teams turn over the first card and work together to complete the task corresponding to the card.
- They continue through all cards.
- You may wish to make it a competition to see who finishes first, but if exercises are done in poor form they must restart.

Example Exercises

- Ace = 1 lap
- 2 = burpees
- 3 = squats
- 4 = touch 4 walls
- 5 = push – ups
- 6 = lunges
- 7 = high-knees
- 8 = hops on each foot
- 9 = mountain climbers
- 10 = sit - ups
- Jack = 1 minute plank
- Queen = 1 minute down dog
- King = 1 minute child's pose

■ Animal Stretching

 No Equipment

 5 mins

Setup

- Participants sit in a circle.



Instructions

Have participants stretch like various animals, e.g. sit like a butterfly, nose to toes in butterfly position, crouch like a frog, knuckles touch the floor (or as far as they can) with straight legs like a gorilla, waddle like a penguin, elephant walk, put arms out in front of the body, bend at the hips, and swing from side to side. etc.

Cues

- Stretch only until you feel a little pull; it shouldn't hurt.