

Suggested lesson for January 13, 2022

ALL K-2 CLASSES:

Please complete our basic stretch routine ~ followed by one of the fitness routines above or found on the main page!

For a fun challenge try the “Beat the Teacher ~ Minute to Win It” video challenge found on the main page.

**Today please take some time to REVIEW and work on your UNDERHAND TOSS/THROWING.**

**Working alone or with a partner (Mom, Dad, Brother or Sister)**

Use a small ball or “sock ball” (You can use the same ones that you used in the video challenge!)

In a safe area of your home or outside.

Use “3 - KITCHEN POTS OF DIFFERENT SIZES” Set them up about 10 feet in front of you and about 2 feet apart.

START with the LARGEST POT: USING AN UNDERHAND THROWING MOTION, see how many tries it takes you to get your sock ball into your target! After scoring:

MOVE to the MEDIUM POT/TARGET and FINALLY THE SMALLEST POT/TARGET!

Remember to always use good technique!

Good Luck !

**FINISH TODAY:**

WITH A PARTNER, play a quick game of “H-O-R-S-E”

USING YOUR TARGET (POT) SET IT UP 10 FEET IN FRONT OF YOU.

USE YOUR SOCKBALL AND AN UNDERHAND THROWING MOTION.

Both players start with the letters of the word: “H-O-R-S-E”

TAKE TURNS throwing to your target. If you MAKE IT – your SAFE!

If you MISS it, “SCRATCH” one of the letters off from the word “~~H~~-O-R-S-E”

The last player with a letter “WINS” the round!

Play the best of 3 rounds ~ who will be the ultimate “H-O-R-S-E” champion? Good Luck!

**Suggested lesson for January 13, 2022**

For all Grades 3-6 students who are working at home!



**Today’s focus ~ Review:**

**\*\*USING A BODY ROTATION MOVEMENT – (with A SPIN SHOT to a net.)**

**If possible:**

Using a small soft ball – or (Ball up a couple of pairs of socks) and make a ball.

Find a safe area in your house or outside.

Create/make a net/target. Today use/make a crease line (painters tape works well)

About 10’ in front of your net/target.

Today, if possible, place a “stationary defender” 1-2 feet in front of your crease. (Could be a chair, Mom, Dad, brother or sister!)

Starting about 10 feet in front of the crease, take 3 running steps towards the defending object.

PERFORM 2 FOOT JUMP STOP then:

ROTATE your body motion to the LEFT of the defender ~ KEEP YOUR LEFT FOOT PLANTED TO THE GROUND ~ LIFT RIGHT FOOT AND SPIN/ROTATE YOUR BODY TO THE LEFT OF THE DEFENDER.

Bounce the ball to yourself 1 time and re-catch ball ~

Take a jump shot into your crease and try to score a goal.

\*\*Remember to “Shoot the ball in the AIR ~ before you land in the crease\*\*

\*\*Remember to “PLANT THE LEFT FOOT AND PIVOT.”

Click the link below to watch video of this drill:

<https://www.youtube.com/watch?v=uyF9UK_U0cE>

***If possible:***

***Have a fun friendly competition with a family member to see who can score the most goals after using a faking motion! Rotate positions after 10-15 shots!***

***\*\*USE A CHAIR OR OTHER OBJECT AS THE DEFENDER, THIS WILL ALLOW YOU TO SWITCH POSITIONS FROM GOALIE TO SHOOTER!***

***Have fun! If you have time, try to play the awesome game below! Good luck !***

**Roadrunners “Fitness Uno” Challenge**

**\*\*USE A DECK OF “UNO” CARDS. PLAY AGAINST YOUR FAMILY ~ A PARTNER ~ OR ALONE!**

**\*\*SHUFFLE THE DECK AND PLACE THEM FACE DOWN IN A PILE.**

**\*\*TAKE TURNS DRAWING A CARD FROM THE TOP OF THE PILE.**

**\*\* PERFORM THE EXERCISE ACCORDING TO THE RULES BELOW! GOOD LUCK ~ HAVE FUN!**

Rules:

   

**\*\*If you draw a regular card (above) ~ use the “color exercise indicator” below and do the exercise according to the number on the card! (example: 7 Jumping Jacks.)**

\*\*The Card color = exercise listed below!

Red=Jumping Jacks

Blue= Burpees

Green= mountain climbers

Yellow= push ups

= draw 2 cards and perform each exercise

= SAFE CARD ~ GET A DRINK! ~ NO EXERCISE THIS TIME!

= YOU CHOOSE THE exercise AND PERFORM 12 TIMES!

= choose an opponent to perform ANY exercise 20 TIMES!

= Draw 4 Cards and Perform each exercise