

Fit for Life: Weekly Planning Guide Ideas

Day #1: Organized Activity	Day #2: Circuit Training	Day #3: Free Play
<ul style="list-style-type: none"> ➤ <i>Nutrition Mini-Lesson</i> ➤ <i>Dynamic Warm-Up</i> • Frisbee games • <u>Strength Training</u>: <ul style="list-style-type: none"> ➤ Dumbbells, body bars, body weight, medicine balls, tubing • Power Walking • <u>Balance Training</u>: <ul style="list-style-type: none"> ➤ Can use balls, BOSU, playground balance beam or curb, tubing, etc. • <u>Speed/Reaction Training</u>: <ul style="list-style-type: none"> ➤ Z-ball, tennis balls, speed ladder, medicine balls, etc. • Stability Balls/BOSUs • <u>Jump/Hop Drills</u>: <ul style="list-style-type: none"> ➤ Flat rings, dome markers, cones, playground equipment, ropes, etc. • <u>Flexibility</u>: <ul style="list-style-type: none"> ➤ Yoga cards, stability balls, tubing, static stretching on ground ➤ <i>“Think & Learn” Summary</i> 	<ul style="list-style-type: none"> ➤ <i>Nutrition Mini-Lesson</i> ➤ <i>Dynamic Warm-Up</i> • Use at least 3 different stations. • Stations can be 1-2 minutes each. • Use your equipment <u>plus</u> existing school playground equipment and terrain. <p><i>Example:</i></p> <ol style="list-style-type: none"> 1. Jungle Gym-Hang or go across overhead ladder 2. Dumbbell Overhead Press 3. Stability Ball Log Rolls 4. Hop up hill like rabbit <p>*There are endless combinations for circuit training! Be creative and have fun with as much variety as possible. Add a couple or more new stations each week.</p> <ul style="list-style-type: none"> ➤ <i>“Think & Learn” Summary</i> 	<ul style="list-style-type: none"> ➤ <i>Nutrition Mini-Lesson</i> ➤ <i>Dynamic Warm-Up</i> • Bring all the equipment out and see what they use. This is a great chance to observe and learn from the kids. What have they learned? What do they like? What do they still need help to understand? • You’ll supervise but try not to interfere with the “creativity” of their play. Take a step back and just see what they can do then help as needed or “if” needed. <ul style="list-style-type: none"> ➤ <i>“Action Plan” for weekend!</i>

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