



Title: Fitness Circuit and Yoga

Grade: K-2

Summary: Do the fun fitness circuit routine and then a creative yoga lesson to be physically active. Both activities can be performed inside or outside. Wear tennis shoes for the fitness circuit, but feel free to take them off for yoga. This should take about 30 minutes.

Materials: Enough space to move, mat/towel if desired and tennis shoes.

Fitness: Circuit Routine: Click on the following fitness routine below, count to 10 seconds for each exercise. Repeat and see how many times you can go through the entire routine! <https://video.link/w/qMN5>

1. Jumping Jacks- **Modifications:** If needed, only do arm or leg movements
2. Curl-ups- **Modifications:** if needed have someone hold your feet down. If you are inside, place your feet under the couch and pull yourself up
3. Bend and Stretch
4. Push-ups- **Modifications:** if needed just hold yourself in the push-up position.
5. Jog in place

Repeat the exercises again! Keep moving for 6-8 minutes. Rest between if you need to.

Time to Move!

Yoga: We will focus on building strong lungs and more energy. Hold the poses for 15 seconds, remember to breathe and then move to the next pose.

1. Click the link to watch and follow along with the video. <https://video.link/w/61I5> Or, scroll down to the pictures below and copy the poses (on page 2).
2. Last, create your own Yoga routine by choosing your own order of yoga poses. Remember to breathe and hold each pose for 15 seconds! Have Fun!!!



Airplane pose



Downward dog



Balancing table pose



Dolphin pose



Floor bow



Crow pose



Extended child's pose



Full boat pose



Plank pose



Extended side angle pose



Great work!