



Title: Fitness Circuit and Yoga

Grade: 3-5

Summary: Do this 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 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 Do the fitness routine listed below (1-5), count to 20 seconds for each exercise-see how many times you can go through the entire routine! Or click here to watch and follow along with the video <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 inside, place your feet under the couch pull yourself up
3. Bend and Stretch
4. Push-ups-modifications: if needed hold a push-up position
5. Jog in place

Repeat the exercises again! Keep moving for 8-10 minutes. Rest between if you need to.

Time to Move!

Yoga

We will focus on developing flexibility, muscular strength, and balance. Hold the poses for 30 seconds, focus on breathing during the pose 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. Create your own Yoga routine by choosing your own order of yoga poses. Remember to breathe and hold each pose for 30 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!