



Week of March 23 – 27, 2020

**ACTIVE HOME PHYSICAL EDUCATION: 3<sup>rd</sup> – 5<sup>th</sup> Fitness Knowledge**

Complete the activity with a family member. Don't forget to log your daily physical activity time.

| 5 Day Rotation                                          | Day 1                                                                                                                                                            | Day 2                                                                                                                                                         | Day 3                                                                                                                                                                   | Day 4                                                                                                                                                      | Day 5                                                                                                                                                            |
|---------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Concept of Focus</b>                                 | I can keep an active lifestyle while staying at home from school.                                                                                                | I can develop my personal fitness by staying active for 60 minutes each day.                                                                                  | I can develop my cardiorespiratory endurance at home.                                                                                                                   | I can develop my muscular strength at home to improve overall fitness.                                                                                     | I can flex and extend my muscles to improve my overall fitness.                                                                                                  |
| <b>Academic Language for Today</b>                      | <b>ACTIVE LIFESTYLE</b><br>A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines.           | <b>FITNESS</b><br>The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living.                         | <b>CARDIORESPIRATORY ENDURANCE</b><br>The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise. | <b>MUSCULAR STRENGTH</b><br>The maximum amount of force a muscle can produce in a single effort.                                                           | <b>DYNAMIC STRETCHING</b><br>An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles.                |
| <b>Warm-up Activity</b><br>(2-3 min.)                   | <a href="#">Trolls September</a>                                                                                                                                 | <a href="#">Trolls September</a>                                                                                                                              | <a href="#">Trolls September Dance</a>                                                                                                                                  | <a href="#">Trolls September</a>                                                                                                                           | <a href="#">Trolls September</a>                                                                                                                                 |
| <b>Learning Focus/Home Activity</b><br>(20 min.)        | <a href="#">Fitness Knowledge</a><br>Today you're going to complete a series of 1-Minute Fitness Challenges.<br><a href="#">1 Minute Fitness Challenges Card</a> | <a href="#">Health-Related Fitness</a><br>Today we're going to complete a series of Health-Related Fitness Challenges.<br><a href="#">Health Related Card</a> | <a href="#">Skill Related Fitness</a><br>Today we're going to complete a series of Skill-Related Fitness Challenges.<br><a href="#">Skill Related Card</a>              | <a href="#">Invisible Dumbbells</a><br>Today we're going to complete a series of Invisible Dumbbell Challenges.<br><a href="#">Invisible Dumbbell Card</a> | <a href="#">Fitness Knowledge</a><br>Today you're going to complete a series of 1-Minute Fitness Challenges.<br><a href="#">1 Minute Fitness Challenges Card</a> |
| <b>Daily Movement Activity</b><br>(2 – 3 min.)          | <a href="#">DEAM Calendar</a>                                                                                                                                    | <a href="#">DEAM Calendar</a>                                                                                                                                 | <a href="#">DEAM Calendar</a>                                                                                                                                           | <a href="#">DEAM Calendar</a>                                                                                                                              | <a href="#">DEAM Calendar</a>                                                                                                                                    |
| <b>Mindfulness</b><br>(5 min.)                          | Choose 3 poses to perform. Hold each pose for 30sec to 60 sec.<br><a href="#">Yoga Flash Cards</a>                                                               | Sun Salutation #1<br>Perform with family following the peer coaching cards.<br><a href="#">Sun Salutation #1</a>                                              | Choose 3 poses to perform with family. Hold each pose for 30sec to 60 sec.<br><a href="#">Yoga Flash Cards</a>                                                          | Sun Salutation #2<br>Perform with family following the peer coaching cards.<br><a href="#">Sun Salutation #2</a>                                           | Choose three poses to perform with family. Hold each pose for 30sec to 60 sec.<br><a href="#">Yoga Flash Cards</a>                                               |
| <b>Assessment:</b><br>Did I log my total activity time? | <a href="#">Physical Activity Log</a>                                                                                                                            | <a href="#">Physical Activity Log</a>                                                                                                                         | <a href="#">Physical Activity Log</a>                                                                                                                                   | <a href="#">Physical Activity Log</a>                                                                                                                      | <a href="#">Physical Activity Log</a>                                                                                                                            |
| <b>How am I feeling today?</b>                          | 😊 😜 😞                                                                                                                                                            | 😊 😜 😞                                                                                                                                                         | 😊 😜 😞                                                                                                                                                                   | 😊 😜 😞                                                                                                                                                      | 😊 😜 😞                                                                                                                                                            |



## Angela G. Leal Elementary One Family. One Dream.

**Dear students and family members,**

I, Coach Nuñez, am working with resources from [OPENPhysEd.org](https://openphysed.org) to help you stay physically active and healthy while our schools are closed. In order to meet physical education goals during this time students must be physically active for 60 minutes each day. Use this physical activity log to record your activity time.

Remember, activity time doesn't have to happen all at once. You can add up your total activity throughout the day to equal 60 minutes. Students, at the end of each day ask a family member to sign next to the day's total activity. Then, return the finished log to your physical education teacher when school is back in session.

I would also like you to share these other websites that can help you stay active during this time away from school:

- GoNoodle.com – lots of dancing videos
- heart.org/KidsActivities – activities suggestions to get kids moving instantly
- openphysed.org/activeschools/activehome
- cia.gov/kidspage/games/index.html

Thank you for your cooperation. Stay active and stay well.

Sincerely,  
Coach J. Nuñez

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By staying active and completing this physical activity log you're meeting the following **SHAPE America** National Physical Education Grade-level Outcomes:

*Grades K-5 (Physical Activity Knowledge)*

**Standard 3 [E1.K,2,3a,5]** Identifies active play opportunities outside physical education class (K); Describes physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family) (2); Charts participation in physical activities outside physical education class (3a); Charts and analyzes physical activity outside physical education class for fitness benefits of activities (5).



## Angela G. Leal Elementary One Family. One Dream.

### Estimados estudiantes y familiares:

Yo, Coach Nuñez, estoy trabajando con recursos de OPENPhysEd.org para ayudarlo a mantenerse físicamente activo y saludable mientras nuestras escuelas están cerradas. Para cumplir con los objetivos de educación física durante este tiempo, los estudiantes deben estar físicamente activos durante 60 minutos cada día.

Use este registro de actividad física para registrar su tiempo de actividad.

Recuerde, el tiempo de actividad no tiene que usted suceder de una vez. Puede sumar su actividad total durante el día para que sea igual a 60 minutos. Estudiantes, al final de cada día, pida a un miembro de la familia que firme al lado de la actividad total del día. Luego, regrese el registro terminado a su maestro de educación física cuando la escuela vuelva a la sesión.

Les quiero enseñar otras paginas de web que pueden usar en la casa en estos dias sin escuela:

- GoNoodle.com –muchos videos para bailar
- heart.org/KidsActivities – actividades que pueden hacer rapidamente
- openphysed.org/activeschools/activehome
- cia.gov/kidspage/games/index.html

Gracias por su cooperación. Mantente activo y bien.

Attentamente,  
Coach J. Nuñez

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Al mantenerse activo y completar este registro de actividad física, cumple con lo siguiente  
**SHAPE America** *National Physical Education Grade-level Outcomes:*

*Grades K-5 (Conocimiento de actividad física)*

**Standard 3 [E1.K,2,3a,5]** Identifica oportunidades de juego activo fuera de la clase de educación física (K); Describe actividades físicas para participar fuera de la clase de educación física (por ejemplo, antes y después de la escuela, en casa, en el parque, con amigos, con la familia) (2); Gráficos de participación en actividades físicas fuera de la clase de educación física (3a); Grafica y analiza la actividad física fuera de la clase de educación física para conocer los beneficios físicos de las actividades (5).



# Physical Education

## ACTIVITY LOG

### 2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.

Have an adult sign their initials next to each day that you complete 30 minutes.

#### Week 1:

| Day        | Activity 1                | Activity 2                  | Activity 3                    | Total      |
|------------|---------------------------|-----------------------------|-------------------------------|------------|
| Sample Day | Active Outside<br>30 Mins | Walk with Family<br>15 Mins | Dance Challenge<br>15 minutes | 60 minutes |
| Day 1      |                           |                             |                               |            |
| Day 2      |                           |                             |                               |            |
| Day 3      |                           |                             |                               |            |
| Day 4      |                           |                             |                               |            |
| Day 5      |                           |                             |                               |            |
| Day 6      |                           |                             |                               |            |
| Day 7      |                           |                             |                               |            |

#### Week 2:

| Day   | Activity 1 | Activity 2 | Activity 3 | Total |
|-------|------------|------------|------------|-------|
| Day 1 |            |            |            |       |
| Day 2 |            |            |            |       |
| Day 3 |            |            |            |       |
| Day 4 |            |            |            |       |
| Day 5 |            |            |            |       |
| Day 6 |            |            |            |       |
| Day 7 |            |            |            |       |



# Physical Education

## ACTIVITY LOG

### Registro De Actividad Física De 2 Semanas

Use este registro para registrar su actividad física durante las próximas dos semanas. Pídele a un adulto que verifique con su firma que hiciste las varias actividades físicas del día.

#### Semana 1:

| Día             | Actividad 1                | Actividad 2                          | Actividad 3                    | Total      |
|-----------------|----------------------------|--------------------------------------|--------------------------------|------------|
| <b>Ejemplo:</b> | jugar afuera<br>30 minutos | caminar con la familia<br>15 minutos | desafío de baile<br>15 minutos | 60 minutos |
| Día 1           |                            |                                      |                                |            |
| Día 2           |                            |                                      |                                |            |
| Día 3           |                            |                                      |                                |            |
| Día 4           |                            |                                      |                                |            |
| Día 5           |                            |                                      |                                |            |
| Día 6           |                            |                                      |                                |            |
| Día 7           |                            |                                      |                                |            |

#### Semana 2:

| Día   | Actividad 1 | Actividad 2 | Actividad 3 | Total |
|-------|-------------|-------------|-------------|-------|
| Día 1 |             |             |             |       |
| Día 2 |             |             |             |       |
| Día 3 |             |             |             |       |
| Día 4 |             |             |             |       |
| Día 5 |             |             |             |       |
| Día 6 |             |             |             |       |
| Día 7 |             |             |             |       |



**D.E.A.M. = Drop Everything and Move**

Name:

Teacher:

**Purpose:** This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

**Directions:** After a student completes a day's activity, adults make a check mark and initial in the space provided. Each week, you can miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

**MARCH**

| ✓ Done | Day | DEAM Activity                                                               |
|--------|-----|-----------------------------------------------------------------------------|
|        | 1   | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.      |
|        | 2   | Play with a friend.                                                         |
|        | 3   | Do as many curl-ups as you can.                                             |
|        | 4   | March Madness: Take 64 imaginary jump shots.                                |
|        | 5   | Say your math facts while doing lunges.                                     |
|        | 6   | Take a walk.                                                                |
|        | 7   | Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.         |
|        | 8   | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.      |
|        | 9   | Play a game that is active. You decide what that is.                        |
|        | 10  | Do 3 forearm planks for as long as you can. Try to beat your previous time! |
|        | 11  | Take 32 imaginary dunks and 16 cross-over dribbles.                         |
|        | 12  | Do push-up shoulder taps while reciting your spelling words.                |
|        | 13  | Take a walk.                                                                |
|        | 14  | Run in place and name 3 reasons why you will never smoke or use tobacco.    |
|        | 15  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.      |
|        | 16  | Skip around your home 4 times.                                              |
|        | 17  | Do as many squats as you can.                                               |
|        | 18  | Take 8 pretend chest passes and 4 imaginary foul shots.                     |
|        | 19  | Perform squat-jumps while naming the continents.                            |
|        | 20  | Take a walk.                                                                |
|        | 21  | How many food groups are there? Do 5 burpees.                               |
|        | 22  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.      |
|        | 23  | Play outside.                                                               |
|        | 24  | Do as many push-ups as you can.                                             |
|        | 25  | Take 2 laps around your home and 1 giant star-jump!                         |
|        | 26  | Read a book while doing a wall sit.                                         |
|        | 27  | Take a walk.                                                                |
|        | 28  | About how many glasses of water should you drink each day? Do 8 burpees.    |
|        | 29  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.      |
|        | 30  | Create your own game and PLAY!                                              |

**Please Remember**

- \* Always get adult permission before doing any.
- \* Return calendar to your teacher at the end of the month.





Angela G. Leal Elementary

One Family. One Dream.

**D.E.A.M. = Drop Everything and Move**

Name:

Teacher:

Purpose:

*This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

**Directions:**

*After a student completes a day's activity, an adult should make a checkmark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a checkmark (do not initial).*

**APRIL**

| ✓ Done | Day | DEAM Activity                                                               |
|--------|-----|-----------------------------------------------------------------------------|
|        | 1   | Spring into Action: Find someone to do 20 jumping jacks with you.           |
|        | 2   | Say your math facts while doing lunges.                                     |
|        | 3   | Take a walk.                                                                |
|        | 4   | Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.          |
|        | 5   | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.      |
|        | 6   | Help a neighbor or friend with some spring cleaning!                        |
|        | 7   | Do 3 forearm planks for as long as you can. Try to beat your previous time! |
|        | 8   | Spring into Action: Find 2 people. Do 30 jumping jacks together.            |
|        | 9   | Do push-up shoulder taps while reciting your spelling words.                |
|        | 10  | Take a walk.                                                                |
|        | 11  | Did you know ice cream has ~13 grams of fat? Do 13 squats.                  |
|        | 12  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.      |
|        | 13  | Using a chair do 10 tricep dips.                                            |
|        | 14  | Do as many burpees as you can.                                              |
|        | 15  | Spring into Action: Find 3 people. Do 40 jumping jacks together.            |
|        | 16  | Perform squat-jumps while naming the continents.                            |
|        | 17  | Take a walk.                                                                |
|        | 18  | Did you know donuts have ~280 calories? Jog in place for a 280 count.       |
|        | 19  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.      |
|        | 20  | Get 60 minutes of MVPA. You choose how!                                     |
|        | 21  | Do as many push-ups as you can.                                             |
|        | 22  | Spring into Action: Find 4 people. Do 50 jumping jacks together.            |
|        | 23  | Read a book while doing a wall sit.                                         |
|        | 24  | Take a walk.                                                                |
|        | 25  | Did you know hot dogs have ~530 mg of sodium? Jog/count to a 530 count!     |
|        | 26  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.      |
|        | 27  | Invent a game and try it out!                                               |
|        | 28  | Do as many curl-ups as you can.                                             |
|        | 29  | Spring into Action: Find 5 people! Do 60 jumping jacks together.            |
|        | 30  | Spring into Action: Find someone to do 20 jumping jacks with you.           |

**Please Remember**

- \* Always get adult permission before doing any.
- \* Return calendar to your teacher at the end of the month.









**1 MINUTE FITNESS CHALLENGE**

**Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **Class:** \_\_\_\_\_

| Station # | Exercise            | Challenge                                                                       | # |
|-----------|---------------------|---------------------------------------------------------------------------------|---|
| <b>1</b>  | Push-Ups            | How many push-ups can you do?                                                   |   |
| <b>2</b>  | Stretch             | How many muscles can you safely stretch?<br>Hold stretches for 10 seconds each. |   |
| <b>3</b>  | Sit-Ups             | How many sit-ups can you do?                                                    |   |
| <b>4</b>  | Pass and Catch      | How many times can you pass and catch a foam die with a partner?                |   |
| <b>5</b>  | Water               | Remember to stay hydrated.<br>Get 1 quick and quiet drink.                      |   |
| <b>6</b>  | Jump and Think      | How many fruits can you name while jumping rope?                                |   |
| <b>7</b>  | Exercise Band Curls | How many curls can you do with the exercise band?                               |   |
| <b>8</b>  | Ball Plank          | How long can you hold a plank on the exercise ball?                             |   |
| <b>9</b>  | Balance and Think   | Balance on one foot.<br>How many vegetables can you name?                       |   |
| <b>10</b> | Jump Rope Tricks    | How many different jump rope tricks can you do?                                 |   |
| <b>11</b> | Heart Rate          | Take your pulse for the full minute.<br>How many beats did you count?           |   |
| <b>12</b> | Fitness Knowledge   | Individual Assessment Station                                                   |   |



## HEALTH-RELATED FITNESS CHALLENGE CARD

**Directions: Complete each activity at the corresponding station.**

|          |                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                       |
|----------|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>1</b> | Cardiorespiratory Endurance            | <p><b>Shuffle Jumps (25 Seconds)</b> – Feet together. Jump up and scissor your legs forward and backward. Land with one foot in front of the other. Repeat and land with the other foot in front.</p> <p><b>Ski jumps (25 Seconds)</b> – Stand with your feet together. Bend your knees and jump side-to-side while keeping your feet together. Keep your elbows tucked and bent to look like a skier.</p>                                                                                                                                                                                                                                                                   |    |
| <b>2</b> | Muscular Endurance                     | <p><b>Arm Circles (25 Seconds)</b> - Feet shoulder-width apart. Raise your arms to shoulder height, forming a T. Slowly make small circles with both arms.</p> <p><b>Standing Calf Raise (25 Seconds)</b> - Feet shoulder-width apart. Slowly raise up onto the balls of your feet, squeezing your calves. Lower your heels back to the floor and repeat.</p>                                                                                                                                                                                                                                                                                                                |    |
| <b>3</b> | Muscular Strength (With Exercise Band) | <p><b>Bicep Curl (8 to 10 Reps)</b> - Feet together, directly on top of the center of the exercise band. Hold the ends of the band with your arms at your sides and your palms facing out. Bend your elbows and slowly bring your hands up toward your shoulders. Slowly return to the starting position.</p> <p><b>Squat (8 to 10 Reps)</b> - Feet shoulder-width apart, on top of the exercise band. Hold the ends of the band with each hand at your waist. Bend your knees and sit back as if you are sitting in a chair. Keep your back straight and your heels on the floor.</p>                                                                                       |   |
| <b>4</b> | Flexibility                            | <p><b>Star Pose (Hold for 25 Seconds)</b>- Feet out wide. Bend your knees slightly. Stretch your arms up and out with your palms facing the floor. Reach out through your fingertips. Relax your shoulders. Your body looks like a giant X. Breathe deeply.</p> <p><b>Crescent Moon Pose (Hold Each Side for 10 Seconds, then Switch)</b> - Begin with your feet comfortably underneath you, 2 or 3 inches apart. Reach your hands up over your head with your palms together and fingers pointing to the sky. Slowly bend to the side at your waist, keeping your feet in place. Hold this pose for 10 seconds. Slowly straighten back up and repeat on the other side.</p> |  |
| <b>5</b> | Body Composition                       | Complete the MyPlate Activity sheet by drawing a balanced meal on the plate.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                       |



Angela G. Leal Elementary  
One Family. One Dream.

Coach J. Nuñez  
Physical Education

## HEALTH-RELATED FITNESS CHALLENGE CARD

Name: \_\_\_\_\_ Class: \_\_\_\_\_

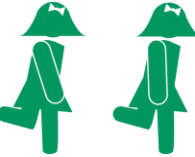
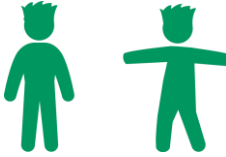
**Directions: Complete each activity below with your partner. In the column on the right, write which component of skill-related fitness the activity focuses on.**

|           |                    |                                                                                                                                                                                                                                                  |     |
|-----------|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| <b>1</b>  | Stick Grab         | Make a "C" with your hand at the bottom of a yardstick that your partner is holding. When your partner releases it, how quickly can you grab it?                                                                                                 |     |
| <b>2</b>  | Catch              | With your partner, bounce and catch an exercise ball back and forth 10 times.                                                                                                                                                                    |     |
| <b>3</b>  | Back-to-Back       | Sit or stand back-to-back. Pass an exercise ball around your bodies as fast as possible 20 times.                                                                                                                                                |     |
| <b>4</b>  | Balance Ball       | Lay back on the exercise ball with your arms pointing overhead and your feet in a wide stance. Slowly bring your feet together. Try to get your feet to touch while keeping your balance.                                                        |     |
| <b>5</b>  | Standing Long Jump | How far out can you jump from a standing position? Repeat 5 times.                                                                                                                                                                               |     |
| <b>6</b>  | Shuttle Sprints    | Begin at the start line (marked by cone). Race to the end line (marked by cone). How many times can you touch each line in 20 seconds?                                                                                                           |     |
| <b>7</b>  | Side Plank         | Hold a side plank for a count of 15. Repeat with the other arm.                                                                                                                                                                                  |     |
| <b>8</b>  | Race               | Safely move around the boundary 1 time. Count how long it takes to do 1 lap. If there's time, try again.                                                                                                                                         |     |
| <b>9</b>  | Jump up            | With your partner, take turns jumping up as high as you can. Jump a total of 20 times each.                                                                                                                                                      |     |
| <b>10</b> | Dice Roll          | Each partner takes one die. Decide which math operation (addition, multiplication, etc.) you want to use. Roll the dice at the same time and see who can get the answer the quickest. The first one to answer 3 the quickest and correctly wins! |     |
| <b>11</b> | Hoop Drill         | Place Hula Hoops in a staggered formation so that all the hoops touch (like tires at a football practice). Run through with your feet landing in every hoop. Repeat 5 times.                                                                     |     |
| <b>12</b> | Fitness Test       | Fitness Assessment Station                                                                                                                                                                                                                       | N/A |





**INVISIBLE DUMBBELL CHALLENGE CARD**

|                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     | <p><b>Bicep Curl</b></p> <ol style="list-style-type: none"> <li>1. Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips.</li> <li>2. Curl both invisible dumbbells up toward your shoulders.</li> <li>3. Lower your arms and repeat.</li> </ol> <p><b>Muscle Focus: Biceps</b></p>                                                                                                                                                                                                                                                               |     | <p><b>Dumbbell Crunch</b></p> <ol style="list-style-type: none"> <li>1. Lay on your back with your knees bent, holding the invisible dumbbell on your chest.</li> <li>2. Slowly curl your head and shoulders up, and then lower back to the starting position.</li> </ol> <p><b>Muscle Focus: Rectus Abdominis</b></p>                                                                                                                                                  |
|    | <p><b>Dumbbell Twisters</b></p> <ol style="list-style-type: none"> <li>1. Sit on the floor, knees bent, holding the invisible dumbbell on your chest.</li> <li>2. Rotate your upper body all the way to the right and tap the dumbbell on the floor.</li> <li>3. Repeat that motion to the left.</li> <li>4. Count 1 rep every time you tap to the left.</li> </ol> <p><b>Muscle Focus: Internal &amp; External Oblique</b></p>                                                                                                                                             |    | <p><b>Dumbbell Lunges</b></p> <ol style="list-style-type: none"> <li>1. Stand tall, holding the invisible dumbbells straight down at your sides.</li> <li>2. Step with your right foot until your right thigh is parallel to the floor (left leg stays in place).</li> <li>3. Push back up into the starting position.</li> <li>4. Repeat with your left leg.</li> <li>5. Count 1 rep after each left leg lunge.</li> </ol> <p><b>Focus: Hamstrings, Quadriceps</b></p> |
|     | <p><b>Dumbbell Heel Lifts</b></p> <ol style="list-style-type: none"> <li>1. Stand on your right foot with your left foot raised behind you, 6 inches off the ground.</li> <li>2. Push up onto your right toe and hold for 2 seconds at the top.</li> <li>3. Lower your heel. Repeat the same side.</li> <li>4. Complete reps on the right side and then repeat on the left.</li> </ol> <p><b>Muscle Focus: Gastrocnemius</b></p>                                                                                                                                            |    | <p><b>Bends Ups</b></p> <ol style="list-style-type: none"> <li>1. Stand tall, feet shoulder-width apart, holding the invisible dumbbell against the middle of your chest.</li> <li>2. Slowly bend over, moving your chest forward until your back is parallel to floor.</li> <li>3. Slowly lift back up to the starting position, keeping your back straight and long.</li> </ol> <p><b>Muscle Focus: Lower Trapezius, Erector Spinae</b></p>                           |
|  | <p><b>Dumbbell Plank Rows</b></p> <ol style="list-style-type: none"> <li>1. Start in plank position.</li> <li>2. Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm.</li> <li>3. Back to plank position. Repeat other side.</li> <li>4. Count 1 rep every time you complete a row with your left arm.</li> </ol> <p><b>Muscle Focus: Pectoralis, Biceps</b></p>                                                                                                                                                |  | <p><b>Shoulder Raises</b></p> <ol style="list-style-type: none"> <li>1. Stand tall, feet shoulder-width apart, holding the invisible dumbbells at your sides.</li> <li>2. With your arms straight, raise the invisible dumbbells up and out to the sides until they reach shoulder-height.</li> <li>3. Slowly return to the starting position.</li> </ol> <p><b>Muscle Focus: Deltoid</b></p>                                                                           |
|   | <p><b>Dumbbell Rows</b></p> <ol style="list-style-type: none"> <li>1. Start in lunge position, left foot forward and your back long and straight.</li> <li>2. Hold the invisible dumbbell in your right hand, your arm extended toward the floor.</li> <li>3. Pull, bending your arm to bring the dumbbell up to your shoulder.</li> <li>4. Slowly lower to the starting position. Repeat with your right arm.</li> <li>5. Complete reps on the right side, and then repeat on the left side.</li> </ol> <p><b>Muscle Focus: Latissimus Dorsi, Trapezius, Rhomboids</b></p> |  | <p><b>Dumbbell Squats</b></p> <ol style="list-style-type: none"> <li>1. Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with 2 hands at the center of your chest.</li> <li>2. Squat down, keeping your knees above your toes, and then stand back to the starting position.</li> </ol> <p><b>Muscle Focus: Quadriceps, Gluteus Maximus</b></p>                                                                                               |
|   | <p><b>Dumbbell Triceps Push</b></p> <ol style="list-style-type: none"> <li>1. Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor.</li> <li>2. Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle.</li> <li>3. Push back. Extend arm until it's straight.</li> <li>4. Slowly return to starting position. Complete reps on right side. Repeat left side.</li> </ol> <p><b>Muscle Focus: Triceps</b></p>                                                                                    |  | <p><b>Standing Dumbbell Twisters</b></p> <ol style="list-style-type: none"> <li>1. Stand tall, feet shoulder-width apart. Hold invisible dumbbell in front of you in 2 hands.</li> <li>2. Slowly twist your upper body and the dumbbell all the way to the right, keeping your arms straight.</li> <li>3. Slowly repeat that motion to the left.</li> <li>4. Count reps every twist to the left.</li> </ol> <p><b>Muscle Focus: Internal &amp; External Oblique</b></p> |



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## YOGA POSE CARDS



**Beginning**



**Cat**



**Chair**

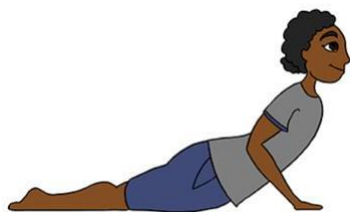


**Child**



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## YOGA POSE CARDS



**Cobra**



**Cow**



**Cross-Crawl 1**



**Cross-Crawl 2**



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## YOGA POSE CARDS



**Cross-Legged**



**Down Dog**



**Goddess**



**Knobby-Knees**



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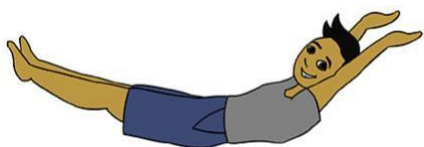
## YOGA POSE CARDS



**Laugh**



**Limp Noodle**



**Log 1**



**Log 2**



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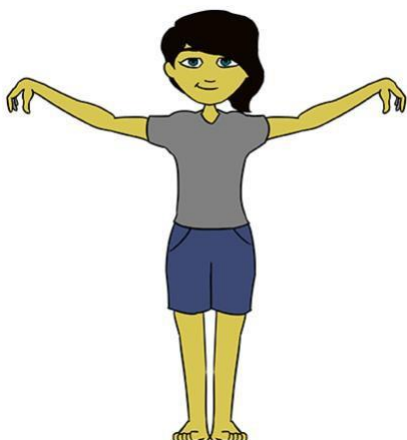
## YOGA POSE CARDS



**Nose**



**Oh No!**



**Owl 1**

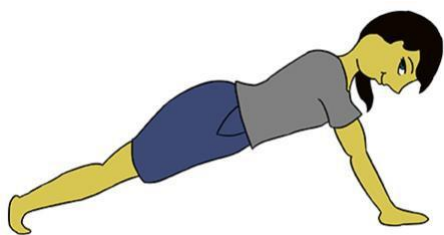


**Owl 2**



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## YOGA POSE CARDS



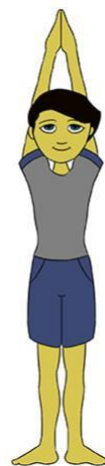
**Plank**



**Rock**



**Sphinx**



**Tall Mountain**



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## YOGA POSE CARDS



**Tree 1**



**Tree 2**



**Up Dog**



**Down Dog**

## Peer Teaching Activity Card 1: Sun Salutations

Stand in mountain pose and inhale.



Exhale. Hands to heart center or prayer.



Inhale. Reach up and back, keeping the biceps in the line with the ears and the palms facing forward. Push the hips forward and focus on extending the spine.



## Peer Teaching Activity Card 2: Sun Salutations

Exhale. Fold forward and down. Keep the arms in line with the biceps and the back flat. Line the finger tips up with the toe tips and bend the knees as much as you need in order to get your hands flat on the floor.



Inhale. Step back with the right leg, drop the back knee, and look up.



Retain the breath (hold) and step back to a plank position.



### Peer Teaching Activity Card 3: Sun Salutations

Exhale. Lower the chest down between the hands and the knees to the floor. Place the chin on the mat. Keep the hips up (like an inch worm).



Inhale. Slide forward into cobra pose, keeping the knees, hands, and feet in the same spot.



Exhale. Lift the knees off the floor and shift the hips back into an inverted "V," or downward-facing dog pose.



## Peer Teaching Activity Card 4: Sun Salutations

Inhale. Look between and the hands and step forward with the right foot. Place the foot between the hands, drop the back knee, and look up.



Exhale. Step forward with the left foot and bring the head to the knees.



Inhale. Reach the arms out with the hands palms-down, and begin to stretch up and back. Keep the biceps in line with ears. Lift the chest and focus on thoracic extension.



Exhale. Drop the arms by the sides, returning to mountain pose.

