



KIDS LESSON PLAN | #1 OF 25 | JACK SPARROW

WORKOUT - KIDS

10 Slow Motion Air Squat

Then

7 Min AMRAP

(As Many Rounds and Reps As Possible in 7 Minutes)

5 Dumbbell/Kettlebell Deadlift

5 Burpee

5 Goblet Squat

5 Burpee + Somersault

Extra Challenge:

- Shorter AMRAP
- Fewer reps
- No weighted equipment/no equipment (use just your body or a light object like a toy, stuffed animal, ball, balloon, etc.)
- Instead of Somersault: Log Roll or Standing Spin

Extra Chill:

- Adding appropriate weight for the child to be safe and successful
- Longer AMRAP
- Higher reps

Goal:

Keep the knees out in the goblet squats. Ditch the weight if you need to focus on great form.

COACHES NOTES:

Consider the slow motion air squats as a way to practice pressing your knees out before the workout starts.

Cue for goblet squats: Press your knees out like they don't like each other.

For the burpee somersault, it is simply a burpee + somersault (or forward roll). If a somersault is too challenging, you can do a log roll -OR- do only 1 burpee somersault and the rest just regular burpees.

If you are using weight, choose a weight that allows you to maintain good form the entire time, and go unbroken on all reps (or ideally would be able to when fresh). If you are not using weight, break as needed during movements. Really focus here on slow and controlled deadlifts and goblet squats, and when you reach the burpees, this is where you can think fast!

WHITEBOARD (2 MIN)

- Why do we move our bodies?
- What are the benefits?

GENERAL WARM UP (3-5 MIN)

Pirate Theme

This can be run as a Tabata (20 seconds of work |10 seconds of rest) -OR- doing down-and-backs in your workout space -OR- performing 10 repetitions of each movement. Just get moving and start warming up!

- Pirate ZigZag Run
- Plank Walk (forward/backward Toe-to-Heel Walk)
- Parrot Hop (single -OR- double Leg Hop)
- Alligator Crawl (Flat Bear Crawl)
- Pirate Cannon Ball Jumps (Jumping Jacks)

- Pirate Sword Lunges

SKILLS (5-10 MIN)

Somersault

- Start with standing spins. Stand up with arms out to the side “like an airplane” or “like you’re walking the pirate plank” and spin 3 times each side slow and then 3 times fast. This is an extra chill customization and introduction to vestibular system work, which helps children develop body awareness and ultimately assist in coordination.
- Now try 3-5 log rolls on the ground. Lay flat like a pencil with arms at the side or above the head like a flying superhero and roll. This is another extra chill customization.
- Finally, try the somersault drill. Have kids kneel in front of a mat. Place both hands down on the mat, and then their forehead between their hands but slightly above making a “triangle” shape. Come onto the toes with straight legs (out of the kneeling position). Tuck the chin! Then walk the feet forward as far as they can go... eventually their body will topple right on over! You could practice just in this tripod position, tucking the chin and lifting the knees on the ground as a scale. This will STILL work on vestibular and inverted body awareness.
- If they can do this safely, try 3-4 somersaults. If this is easy, see if they can do 2 in a row!

SPECIFIC WARM UP (5-7 MINUTES)

Deadlift

- Use a cone or no object at all and just long arms.
- Step up with a cone between legs.
- Reach arms straight, like “long crab pincer arms.”
- Keep chest up. First have them show you the logo on their shirt (“show me your good, strong Sea Crab position”), and next have them hide it (“show me your tired, curved back Sea Crab position”).
- With a good chest-up position, have them bend their knees and grab onto the cone, stand, then lower back down. **5-10 reps.**

Burpee

- Tell them to stand up with their hands above their heads. Then get their belly to the ground. Then stand up and clap. **2-3 reps.**

- Practice 1 rep of Burpee + Somersault.

Goblet Squats

- Focus first on the air squat. Have them jump up and down, then freeze! Reach their hands to the sky and squat down slow and stand up slow.
- Try 1-3 slow-motion air squats.
- Then 3-5 regular speed air squats.
- Add an implement if form allows -OR- just practice air squats or use a light object (examples: cones, ball, stuffed animal, water bottle, etc).

MINI ROUNDS:

If you are doing the workout as written, use this. If you are customizing to another style, run through a few reps or practice 1 minute of that style. See below for other class customization options.

*The mini-round is a chance to do one more evaluation and gauge if changes or customizations need to be made to have the kids have fun and be successful!

2 Deadlifts

2 Burpees

2 Goblet Squat

2 Burpee + Somersault

WORKOUT

OTHER CUSTOMIZATION CLASS OPTIONS

- Partner Workout:
 - Take the current workout and split the reps or double the reps
 - “You go, I go” style
 - Waterfall start, switching movements every other movement
 - Synchro movements
- Teams of 3: 1 works, 1 rests, 1 holds a position like plank, object carry, squat, etc.
- Relay Race style
- Obstacle Course style
- Stations/Circuit style
- Tabata style: Work for an amount of time, rest for an amount of time)

POST WORKOUT CHALLENGE:

1 minute to accumulate Max Burpees to Target

GAME (5-10 MINUTES)

Pirate Freeze Tag

**rules of normal Freeze Tag with a few add-ons*

Description (Set up and how to play):

- Choose a child that worked really hard and ask if they want to be the tagger first. Let them be the tagger for 45-60 seconds (or longer if you can), but then switch to a different tagger to allow multiple people to be "it."
- When tagged: the player must freeze.
- In order to be untagged: another player must run up to them, and they have to complete an air squat (or another synchro movement) together and yell "ARRRRR."
- You cannot be tagged while helping unfreeze a friend.

Instead of freeze tag, this can be done in regular tag fashion as well, but the person that is tagged must do a synchro movement before going to tag others.

WHITEBOARD 2 (2 MINUTES)

High fives! As a coach, mention things you saw them doing that were hard. Ask if anyone saw someone else working hard doing hard things. High fives! Praise EFFORT! What you praise is what you will see kids seeking. Include behavior (calling on kids listening well, being kind, etc.).

