



KIDS LESSON PLAN |

#2 OF 25 | DAVY JONES & CALYPSO

WORKOUT - KIDS

4 Min AMRAP

(As Many Rounds and Reps As Possible in 4 Minutes)

4 Plank Shoulder Taps

4 Push Up

4 Somersault

8 Alternating Dumbbell Hang Power Snatch

Rest for 1 Minute

4 Min AMRAP

(As Many Rounds and Reps As Possible in 4 Minutes)

4 Plank Shoulder Tap

4 Push Up

4 Somersault

8 Alternating Dumbbell Hang Power Snatch

Extra Challenge:

- Shorter AMRAP
- Instead of push ups: hand-release push ups, snake push ups, elevated push ups, or knee push ups
- Only one round
- Plank only
- No weighted equipment/no equipment (use just your body or a light object like a toy, stuffed animal, ball, balloon, etc.)
- Log roll or standing spin instead of somersault

Extra Chill:

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

Goal:

Keep your body straight in the plank and push up without becoming a mountain or a saggy snake.

COACHES NOTES:

Cue for plank/push up: Pretend there is a cup on your back full of water you can't spill -OR- squeeze your hips closer to your ribs.

This workout allows you to work hard for 4 minutes, rest, and then try to match your previous score or get close.

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.

WHITEBOARD (2 MIN)

- What are ways to help us prepare our bodies to move?
- What can we do to fuel our bodies and brains?
*Sleep, food, water, etc.

GENERAL WARM UP (3-5 MIN)

Animal 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!

- These movements can be done forward and/or backward — animal sounds are encouraged!
- This can be run as a Tabata (20 seconds of work |10

seconds of rest), doing down-and-backs in your workout space, or performing 10 repetitions of each movement. Just get moving and start warming up!

- Cheetah Run
- Frog Hop
- Bear Crawl
- Duck Walk
- Gallop
- Gorilla Hop
- Crab Walk

SKILLS (5-10 MIN)

Push Up

- To get into a good hand position, lay on the ground on your belly, put your hands facing forward, elbows tucked CLOSE to the body not flaring out, and hands near your pec/chest area.
- Start with just a plank hold for 10 seconds.
- Do 5 reps of lowering down to the ground and pressing back up like a snake (upper body first, then lower body).
- From here try 5 push ups, trying to keep a straight tight core with a hand release at the bottom.
- Now try 5 regular pushups.

If this is too hard, stick with snakes -OR- elevate the push up onto a bench or even all the way to a wall. Knee push ups are an option, but we prefer working on the entire body/core engagement instead of breaking at the knees and just having to press the upper body. So, first elevate the push up ideally or stick with snake pushups!

SPECIFIC WARM UP (5-7 MINUTES)

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!

Alternating Dumbbell Hang Snatch

- First, perform 3-5 deadlifts to practice getting into the hang position with good form!
- Start with an item in hand, straight arm between legs. Perform 5-10 straight arm "I don't know" shrugs.
- Perform 5 shrugs and elbow-high pull. Make sure they keep the item close to their body, like they are zipping up their jacket.
- Perform 5 hang power snatches. Tell them to "punch the item up at the top."
 - Have them switch the item starting at the bottom.
 - Once they are proficient here, they can begin to transition at eye level or above the head.
 - If this looks good, add some weight.

Plank Shoulder Taps

- Get into a push up position and push up into a plank.
- From the push up position, lift one hand and tap the same or opposite shoulder, then repeat with the other side.
 - If you need to make it easier, attempt this on an elevated surface -OR- just shift the weight hand-to-hand without lifting off the ground.

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 Plank Shoulder Taps

2 Push Ups

2 Somersaults

2 Alternating Dumbbell Hang Power Snatch

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:

Accumulate 2 Minutes of a Plank or Handstand Hold

GAME (5-10 MINUTES)

Pirate Baseball

Number of Participants: 1+

This can be done individually, as one big team, or split into teams.

Equipment Needed: 4 "bases" (ex: a base can be marked by a cone or plate). Customizable.

Description (Set up and how to play):

- Set up 4 bases in a diamond shape similar to baseball.
- At each of those bases, come up with an activity to do while at base (ex: 3 burpees).
- Choose how the participants will be moving from base to base (ex: running, rolling, skipping).
- Start a timer and see how many times the players can get around all the bases. Have them call out their Pirate team name when they go past home base.
- Players continue until the time stops.
- Extra points for moving well -AND- extra points for cheering on others.

Variations: Change up movement variations and repetitions. If needed, have one person go at a time similar to relay race or have them all go at once.

Notes: Often I have a timer set on my own watch, and when they start to look tired, I will end the game.

WHITEBOARD 2 (2 MINUTES)

High fives! As a coach, mention things you saw them doing that were hard, thus praising their efforts and their work! Ask if anyone saw someone else working hard and 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.) What were we consistent at today?

