



KIDS LESSON PLAN |

#3 OF 25 | CURSE OF THE FLYING DUTCHMAN

WORKOUT - KIDS

8 Min AMRAP

(As Many Rounds and Reps As Possible in 8 Minutes)

5 Dumbbell Deadlift

4 Goblet Squat

3 Dumbbell Thruster

2 Dumbbell Facing Burpee

1 Bear Crawl Down and Back

**Bear Crawl is forward-facing on the way down and backward-facing on the way back.*

Extra challenge:

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

Extra chill:

- No weighted equipment/no equipment (use just your body or a light object like a toy, stuffed animal, ball, balloon, etc.)
- Shorter AMRAP

Goal:

Keep the knees off the ground for the bear crawl! Stay on your toes and use your whole hand on the ground.

OTHER CLASS CUSTOMIZATION OPTIONS

- Partner workout (take the current workout and split the reps, double the reps, have one partner do- then the other, have them waterfall start, switching movements every other movement, synchro)
- Teams of 3 (1 works, 1 rests, 1 is holding 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)

COACHES NOTES:

If the thrusters are a challenge, these can be substituted for just air squats or air squats with a press just using your hands. Or you can try this number drill. Teaching the full squat first before the press will help them avoid pressing early!

Cue for Bear Crawl: The floor is lava! Try to keep your knees up! Or, imagine an actual bear: they don't walk on their knees. However, resting with the knees down on the ground is okay.

For the Bear Crawl Down and Back, use your customized distance in your workout space, but ideally 15 - 20 feet.

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 does brave mean? What does doing hard things mean?"

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)

Thruster- Number Game

Start by: having the kids jump up and down and freeze. Step feet out to a little wider stance for squatting if necessary. Have them give you two thumbs up with arms straight, then bend their arms and touch their thumbs to their shoulders. With elbows high pointing forward. You can play a "Simon Says" game if needed to practice the elbows high for the front squat portion of the thruster, then lower them for the press portion of the thruster. Maybe even be silly and point them in other directions at objects around the room. This will help them gain body awareness. After this practice 3-5 front squats with elbow high, and then 3-5 presses with elbows in that lower position. Then try the number game.

On 1 have the child squat and stand up all the way

On 2, have them press above the head.

On 3 reset, bringing the arms back down to the shoulderst.

**Speed these numbers up to help teach the movement, and timing/flow.*

** Teaching the full squat AND stand opening up the hips all the way first before the press, will help them avoid pressing early!*

**If you would like change the numbers after practicing this to 1) Squat and Press then 2) Reset.*

SPECIFIC WARM UP: (5-7 MIN)

Deadlift (use a cone or nonobject at all and just long arms) - Step up with cone between legs. Reach arms straight, like "long crab pincher arms." Keep chest up (have them show you the logo on their shirt, and hide it showing "good strong Sea Crab position" and "tired curved back Sea Crab position". Have them in a good chest-up position, bend their knees and grab onto the cone, and stand, then lower back down. 5-10 reps.

Goblet Squat- staring with 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. Then add an implement if form allows or just practice air squat or light object like (cones, ball, stuffed animal, water bottle, etc)

Burpee (keeping this simple this week) tell them to stand up with their hands above their heads. Then get their belly to the ground. Then stand up and jump over the dumbbell.. 2-3 reps.

Bear Crawl - Attempt 10 seconds of a crawl, keeping the knees off the ground

MINI ROUND:

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

**During the mini-round this is when you can evaluate one more time if changes or customizations need to be made to have the kids have fun and be successful!*

2 Dumbbell Deadlift

2 Goblet Squats

2 Dumbbell Thrusters

2 Dumbbell Facing Burpee

1 - 10 Second Bear Crawl

WORKOUT



POST WORKOUT CHALLENGE:

Accumulte 20 slow motion goblet squats
(3 seconds down - 3 second hold - 3 seconds up)

GAME (5-10 MIN)**Pirate Freeze Tag**

Rules of normal Freeze tag with a few add ons.
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 and in order to be untagged, another player must run up to them and they have to complete an airsquat together and yell "ARRRRR." This can be done in regular tag fashion as well, but the person that is tagged must do this before going to tag others. You cannot be tagged while helping unfreeze a friend.

WHITEBOARD 2 (2 MIN):

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

