



KIDS LESSON PLAN | #4 OF 25 | MAELSTROM

WORKOUT - KIDS

2 Minutes Continuous Movement

Then

6 Min AMRAP

(As Many Rounds and Reps As Possible in 6 Minutes)

6 Kettlebell Swing

6 Box Jump Over

6 Kettlebell Deadlift

1 Somersault

Extra challenge:

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

Extra chill:

- 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.)
- Log roll or standing spin instead of somersault
- Eye-level kettlebell swings instead of over head
- Low Jump/step Over instead of Box Jump Over

Goal:

Focus on a strong back and chest-up position for the deadlift.

COACHES NOTES:

The continuous movement is meant to get you tired before tackling the 6 minutes of work in the AMRAP! Remember, continuous movement can include animal movements like crab walk, bear crawl, etc.

The box jumps should be a height that allows for safety and success for all 6 jump overs!

Cue for deadlift: I want to see the logo on your shirt. This will help the child to have a specific goal to keep their chest up! Sometimes using a mirror or taking a picture of the child can help them to see their body and make adjustments, helping in body awareness.

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

What does consistency mean?

What are some things that you like to do consistently every day?

GENERAL WARM UP

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!

- Sky-to-Toe Touches
- Jumping Jacks
- Lunge & Reaches
- Side Shuffles -OR- Grapevine
- Skipping/High Knees

SKILLS

Box Jump Over

10-20 jumps in place

10 jumps over a line forward-backward

10 jumps over a line side-to-side

10 single leg jumps each side

3-5 box jump overs on a low target

3-5 box jump overs on a higher target

SPECIFIC WARM UP

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

Kettlebell Swing: Use a light implement before using any weight. Practice the deadlift of the kettlebell swing, then do 5-10 reps swinging with straight arms and chest up. Progress to 5-10 reps of an overhead swing. Practice setting the kettlebell/item down safely from the top of the deadlift position. Do not allow throwing or dropping from above head.

Somersaults: **IF needed, go through the Somersault Drill for warmup and new learners.*

1. Start with Standing Spins: Stand up with arms out to the side like an "airplane" or "you are walking the pirate plank" and spin. 3 times each direction - first slow, 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.
2. Now try 3-5 Log Rolls on the ground, laying flat like a pencil with arms at the side or above the head like a flying superhero. This is another extra chill customization.
3. Finally, try the Somersault Drill. Have kids kneel in front of a mat. Place both hands down on the mat, then their forehead between their hands but slightly above making a "triangle" shape. Come onto the toes with straight legs (out of the kneel).

Tuck the chin! Then walk the feet forward as far as they can go... eventually your 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.

4. If they can do this safely, try 3-4 somersaults. If this is easy, see if they can do 2 in a row!

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 below for other customization class options.

**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 Kettlebell Swing

2 Box Jump Overs

2 Kettlebell Deadlift

1 Somersault

WORKOUT

OTHER CUSTOMIZATION CLASS OPTIONS

Partner Workout:

- Take the current workout and split the reps or double the reps
 - 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)
- Change to rounds/reps workout instead of an amount of time



POST WORKOUT CHALLENGE:

Accumulate as many somersaults + jumping jacks as you can in 1 minute.

GAME

Pirate Baseball

Number of Participants: 1+

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). This can be done individually, as one big team, or split into teams. Start a timer and see how many times the players can get around all the bases, and 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

High fives! As a coach, mention things you saw them doing that were hard, thus praising their efforts and working hard! Ask if anyone saw someone working hard or doing hard things. High fives! Praise EFFORT! What you praise is what you will see kids seeking, including behavior — call out kids listening well, being kind, etc. What were we consistent at today?

