



KIDS LESSON PLAN | #5 OF 25 | BLACK PEARL

WORKOUT - KIDS

3-4 Sets of the following:

4 Min AMRAP

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

*3 Slow Motion Squat

10 Air Squat

10 Jumping Air Squat

10 Goblet Squat

**Max Distance Bear Crawl

Rest As Needed Between Sets

*3 seconds down - 2 second hold at the bottom - 1 second up

**For the bear crawl: when you have to put your knees down and take a break, start back over at the slow motion squats

Extra challenge:

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

Extra chill:

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

Goal:

Focus on heels/full foot on the ground in the squat.

COACHES NOTES:

Cue for squat: Pretend you are squishing a bug under your foot and you can't let it escape.

The slow-motion squats are meant to practice proper form. If you need to, you can reduce the reps of the other squat variations to focus on form, too!

You should aim for at least 10-20 seconds of bear crawls before moving on.

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 do you think happens when you pair hard work and consistency?
- What do you think it means to say "consistency is key?"

GENERAL WARM UP

Animal Theme

- 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

Air Squat Variations

1. Have them jump up and down, then freeze!
2. Reach their hands to the sky, then squat down slowly and stand up slowly.
3. Try 1-3 slow-motion air squats: 3 seconds down, 2 second hold, 2 seconds up.
4. Do 3-5 regular speed air squats.
5. From here, practice sitting in the bottom of the air squat for a 10-second hold. Attempt 3 times.
6. Attempt 3-5 wall squats, facing the wall, see how close you can get without touching the wall.
7. If you want, try a partner squat: reach out forward double high five, and see if you can squat down and all the way up together. Change partners.
8. See what 1-3 reps of squatting on tippy toes feels like, then with a flat full foot on the ground.
9. Finally, if needed, have them squat to a target or squat down, then freeze when you say freeze and stand when you say stand. This will help with not bottoming or bouncing out of the bottom, body awareness, and listening skills! You could use terms like "green light" for squat, "yellow" for slow, and "red" for freeze.

SPECIFIC WARM UP

By this point, you should be warm for the air squat!

1. Try 3-5 jumping air squats.
2. Then 5-10 goblet squats.
3. Do 10 seconds of a bear crawl hold.
4. Then do 20 seconds of bear crawl. Focus on your 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 practice 1 minute of that style. See below for other customization class 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!*

- 1 Slow Motion Air Squat
- 2 Air Squats
- 2 Jumping Air Squats
- 2 Goblet Squats

1 Bear Crawl (10 seconds)

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)
- Change to rounds/reps workout instead of an amount of time

POST WORKOUT CHALLENGE:

Max Reps Jumping Air Squat: If you rest longer than 3 seconds, you must stop.

GAME

Fish Tails

Number of Participants: 2+

Equipment Needed: Scarfs, socks, etc.

Description (Set Up and How to Play): Each player takes a scarf, sock, or another item they can tuck into their pants. This is their "tail." Suggested placement of the item is on the hip to the right side or left side, and with enough of the item sticking out to be grabbed easily by another player (NOT tucked mostly into the pants, which some sly players will try). On "3-2-1-Go," players move around (ex: run, crawl, hop, gallop, etc.) and try to pull out another player's tail while trying to protect their own tail. Players may not block their tail with their hands, they must just move their bodies in ways to avoid it being grabbed. If a player's tail falls out or gets pulled out, they lose and are out of the game or can "buy" back into the game with a movement (ex: 3 air squats) and join back into play. Create a boundary that players must stay within: if a player goes out of bounds, they must also do a movement to "buy" back in, or lose

and are out.

Variations:

- **Competitive:** Play until one player is left.
- **Everyone Plays:** Have the players do a movement to join back into the game.

Notes:

Set a time limit for the game if it is continuous (ex: 3 minutes to pull as many tails out as possible). Another option: Start with a large area and as time goes on, decrease the space that the players can move around in.

WHITEBOARD 2

High fives! As a coach, mention things you saw them doing that were showing hard work, practicing consistency, as well as improvements you've seen from them when listening and taking cues. Ask if anyone saw someone working hard 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?