Teacher Instructional Plan

Mr. Tirabassi

Lesson 2 Fitness 6th grade week of April 13, 2020

New York Standards 1&2

**Warm-up**  **10- 15 Minutes total each Warm –up repeat 3 x**

 Run in Place 1 min. increments followed by 2 min rest

 Skip in place

 Scissor Jumps

**Strength Building Exercises** **15-20 minutes**

repeat push-ups, Modified push-ups, and crunches 3x after 4 minute rest between each exercise.

 Push-ups 25x

 Modified Push-ups 25x

 Crunches 25x

 Leg Lifts 10 sec hold relax 20 sec repeat 3x

 Superman 10 sec hold relax 30 seconds repeat 3x

**Cool Down Stretches** 30 seconds each

 Right arm pull across

 Left arm pull across

 Right arm Tri-cep pull down

 Left arm Tri-cep pull down

 Standing Reach down touch toes (bend at waist)

 Sit & Reach

 Hurdler

 Butterflies

 Pretzel

 Low Back