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