

Teacher Instructional Plan

Mr. Tirabassi

Lesson 6 **Fitness And Strength** 6th grade week of May 11, 2020

New York Standards 1&2

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

3 min. increments followed by 3 min rest

Run in place

Forward/Back Jumps

Side to Side Jumps

Activity 15-20 Minutes Fit Dice (created by Mike Ginicola @PhysEdDepot)

Roll 2 Dice

If you roll	Then you'll do this exercise	Roll Dice this many times for Reps
2	Jumping Jacks	4 Dice
3	Push-ups	3 Dice
4	Crunches	4 Dice
5	High Knees	3 Dice
6	Squat Jumps	4 Dice
7	Planks	3 Dice
8	Arm Circles	4 Dice
9	Leg Lifts	2 Dice
10	Push-ups	2 Dice
11	Crunches	3 Dice
12	Jumping Jacks	3 Dice

Cool Down Stretches 30 seconds each (Feel free to do your own favorite stretch as well)

Right arm pull across

Sit & Reach

Left arm pull across

Hurdler

Right arm Tri-cep pull down

Butterflies

Left arm Tri-cep pull down

Low Back