

Teacher Instructional Plan

Mr. Tirabassi

Lesson 4 **Fitness And Strength**

**6<sup>th</sup> Grade**

**Week of April 27<sup>th</sup> to May 3rd**

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**

Burpees (stand, squat, push-up, squat, jump)

High knees

A, B,C, push-ups

**Activity 15-20 minutes**

**\*\*See second page for Mission Possible Activity\*\***

**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

### Activity Mission Possible

Task Sheet Safely **attempt each activity around your home or possibly outside (mark off a square approximately 10 ft by 10 ft)**

- Complete tasks alone or do missions with a family member and work as a team
- Complete the missions in any order
- When you are done with the missions, do a fist bump toward the ceiling or sky, jump and yell “Mission Accomplished!”

Complete	Missions
	Do 10 sit-ups in each corner of room
	Skip one lap around the room or marked off area.
	Do 12 jumping jacks.
	Touch all 4 walls of the room or marked off area.
	Hop on one foot from one end to the other.
	Do 15 pretend basketball jump shots. Nothing but net!
	Crab walk and touch 3 chairs or obstacles set up in marked off area.
	Jog on the spot and sing “Macarena”.
	Pretend to jump rope for 1 minute.
	Do a push-up in each corner of the room or marked off area.
	Do any dance move for 30 seconds.
	Complete 20 bunny hops.
	Grapevine or shuffle across the room or marked off area <b>2X</b>