

TEACHERS' AIDE
DVD 10-14 years (Intermediate)

Suggestions: Please have students have a water bottle, use the bathroom & tie their shoes prior to beginning.

WARM-UP- (7 minutes)

- **Suggestion:** have carpet squares or mats if room is not carpeted.

YOUR FAVORITE SPORTS ROUTINE: (10 MINUTES)

- Swinging a bat, shooting a basketball, curling(Olympic sport), rowing, bowling, tennis serve, frisbee throwing, canoeing, running in place, jumping rope, soccer corner kicks, volley ball (serve, bump, set, smash), football (hike & throw), golf, badminton, & hockey.
- **Suggestion: Sports terminology can be used for vocabulary.**

CIRCUIT TRAINING (10 MINUTES)

- Slow jumping jacks, push-ups, ski-jumps(side to side), crunches(make sure legs are bent), jumps, lunges(make sure knees do not pass the foot), squats, bicycles(slow & control), slow jacks

CIRCUIT TRAINING (10 MINUTES)

- There is music with a countdown to do each exercise listed above.
- **Suggestions:**
 - **Perform the above exercises as a class first to make sure of proper form.**
 - **Make station cards for each exercise and make sure there is enough floor space for each one to keep the student safe.**

POWER JUMPING (10 MINUTES)

- Jumping on a spot, jumping jacks, elbow to knee, jump & twist, trunk jumps, jump rope, ski jumps, can can jumps, highest jump, star jumps.

ARMS (10 MINUTES)

- Shoulder, chest, bicep, and triceps exercises.
- **Suggestions: Great opportunity to use the students' water bottles as beginning weights. As they progress, you can recycle and fill with sand or dirt to increase the weights. Make sure to tape the caps on once you fill them with other items.**

ADOMINALS & BACK (10 MINUTES)

- Opposite arm/leg exercises using water bottles.

LEGS (10 MINUTES)

- Calves and assorted leg exercises including arms.

YOGA (10 MINUTES)* Very Good (right and left sides are demonstrated equally)

- Savasana, Namaste, Locust, Plank, Eagle, Cobra, arm circles, hip walking, ½ spinal twist, baby dolphin.
- **Suggestion:** Great opportunity for vocabulary.
- **Suggestions:** carpets or mats are needed for most of the floor poses. Remove shoes & make sure the student keeps socks on.