

Curl-ups

- ★ Curl up and bring your shoulders off the floor until your palms are on top of your knees, then return to start.



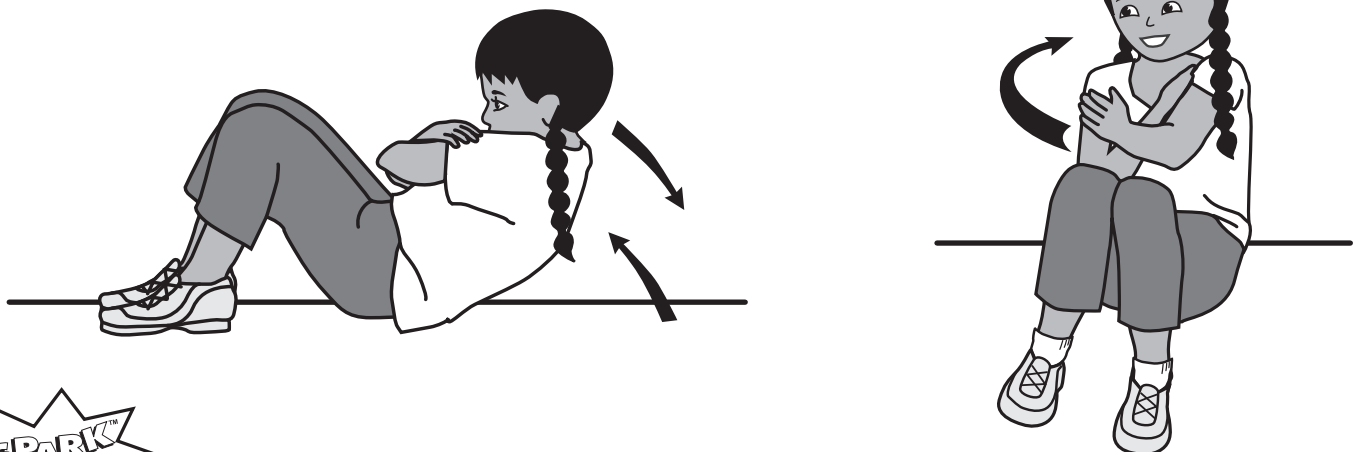
BUILDING A FOUNDATION

FITNESS STATION

- ★ Can you do them slowly?

Curl-ups with a Twist

- ★ Curl-up pulling your R shoulder blade off the floor, return to start, then curl-up with your L shoulder blade off the floor.



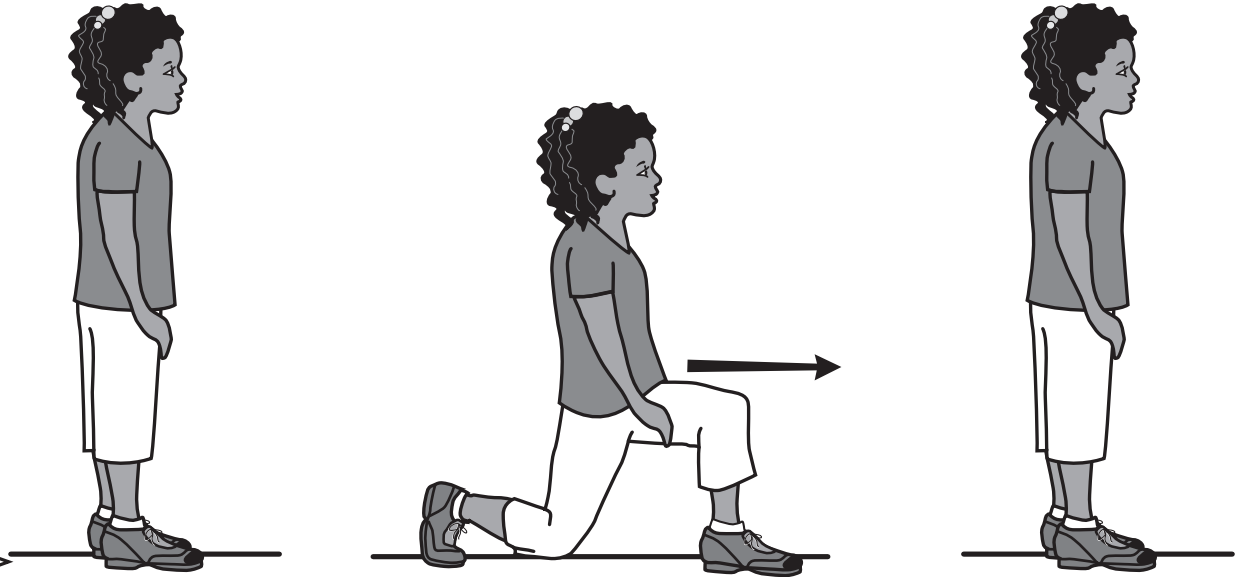
BUILDING A FOUNDATION

FITNESS STATION

- ★ Is one side easier than the other?
- ★ Can you use perfect form?

Forward Lunges

★ Lunge forward then return to start. Keep your front foot slightly ahead of your front knee.

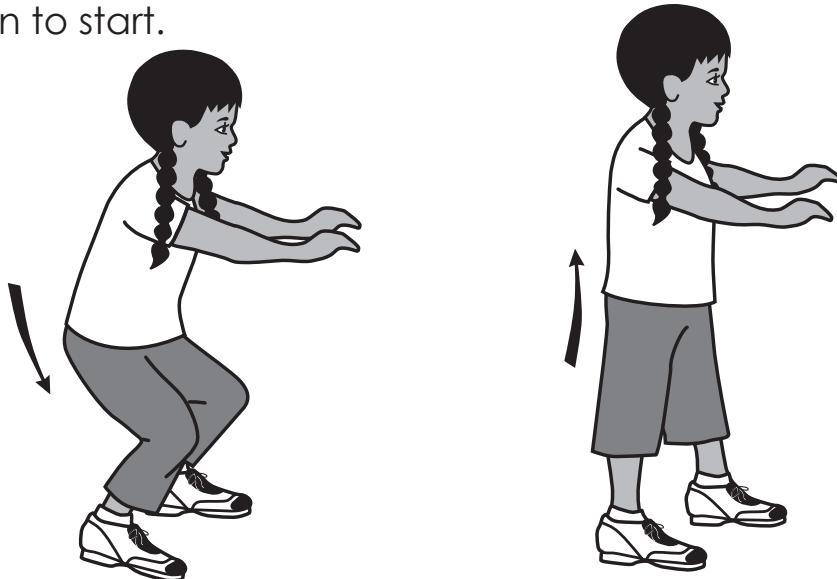


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FITNESS STATION

- ★ Can you hold your balance each time you lunge?
- ★ Alternate forward leg each time.

Squats

★ Keep your feet wider than your shoulders. Bend your knees as though sitting in a chair, then return to start.

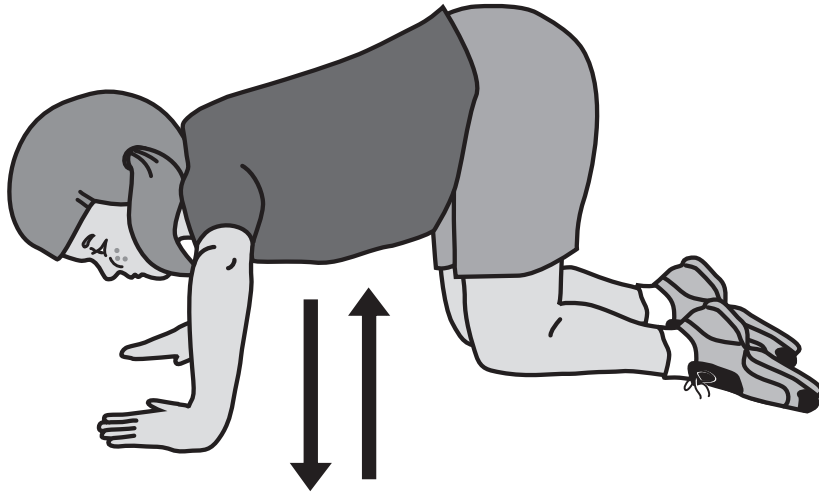


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FITNESS STATION

- ★ Can you do them slowly?

Modified Push-ups

- ★ On hands and knees. Keep your back flat and bend elbows deep, then return to start.

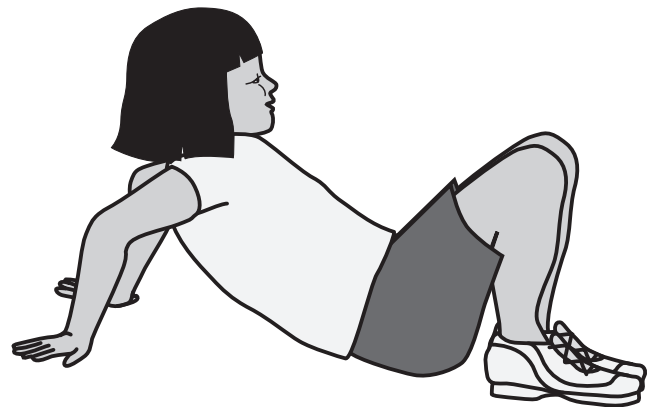
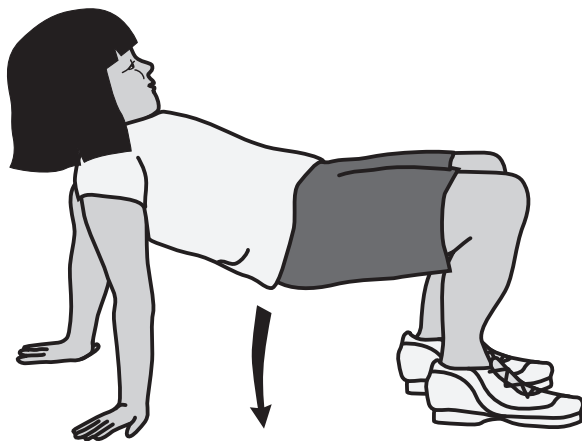


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FITNESS STATION

- ★ Can you make your elbows bend like the corners of a square?
- ★ Is your back flat?

Crab Dips

- ★ Bend your elbows to dip your body lower to the floor.

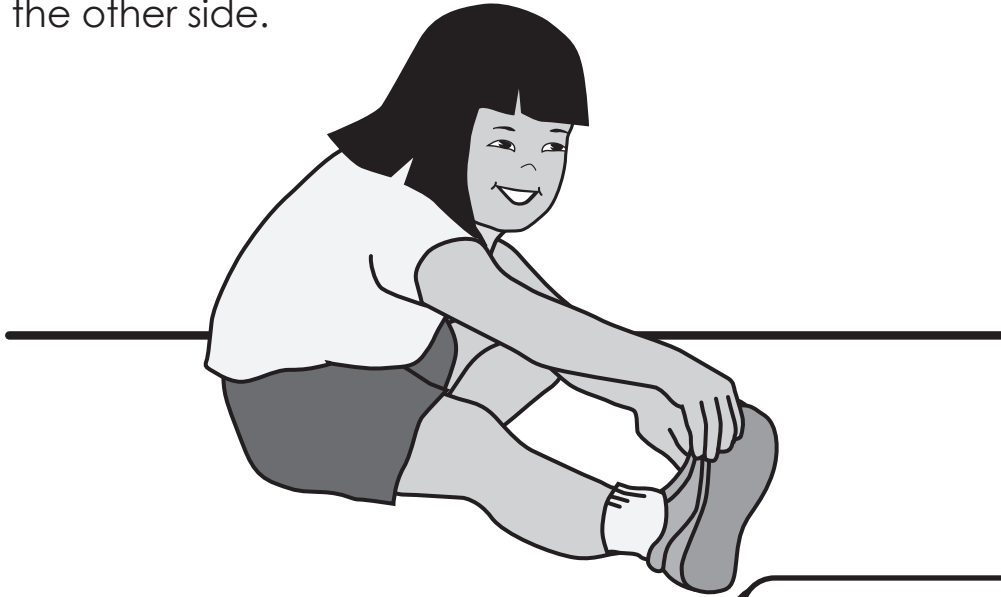


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FITNESS STATION

- ★ How many can you do using perfect form?

Hamstrings Stretch

- ★ Keeping one knee straight, bend the other so that foot touches the straight knee. Reach toward your toes. Hold. Repeat to the other side.



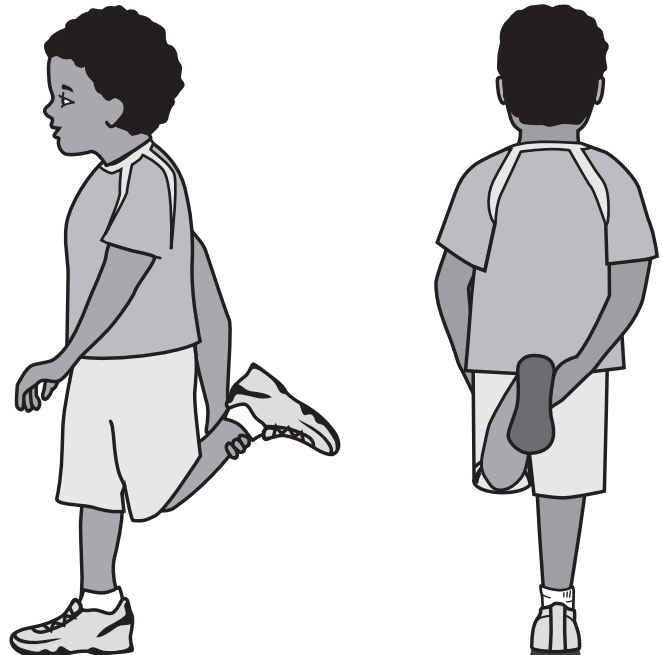
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FITNESS STATION

- ★ How far can you reach?

Quadriceps Stretch

- ★ Grab your L ankle behind you. Keep your L knee pointing down and pull your ankle gently in toward your backside. Hold. Switch legs.



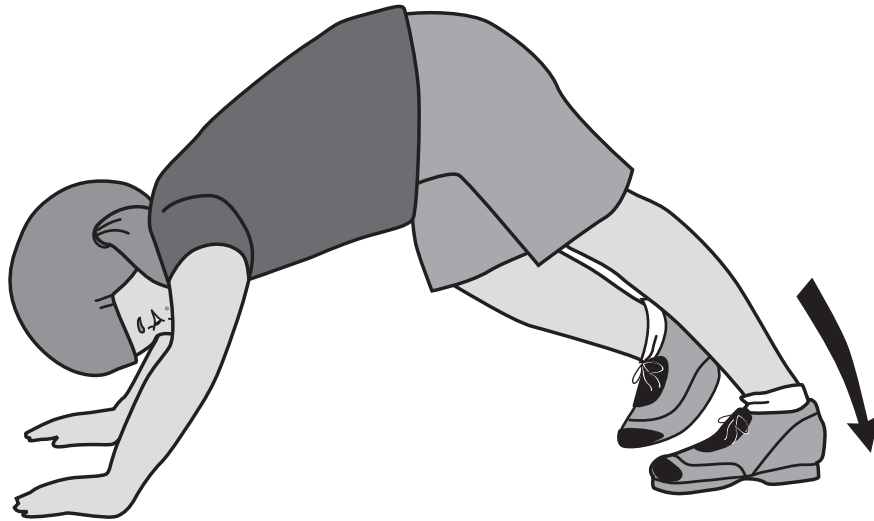
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FITNESS STATION

- ★ Can you hold your balance on this stretch?

Calf Stretch

★ On your hands and feet in a big “V,” bend 1 knee while pressing the opposite heel toward the floor. Hold. Repeat to the other side.



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FITNESS STATION

★ Where do you feel the stretch?

Upper Back Stretch

★ Give yourself a big hug. Hold. Switch top hands.



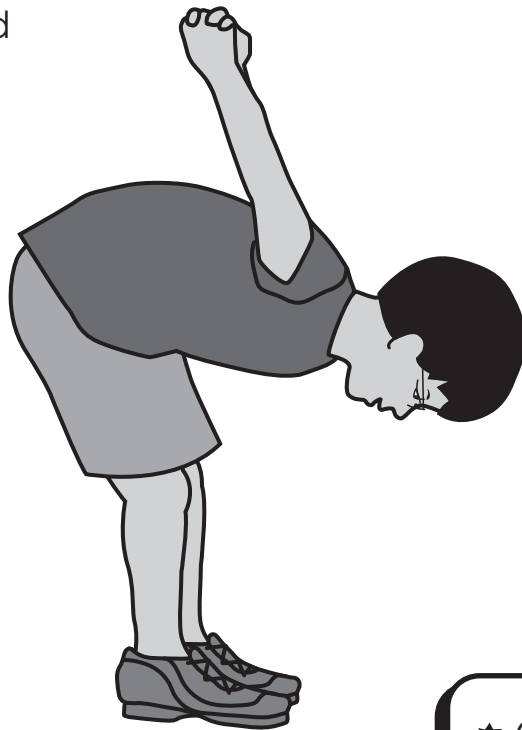
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FITNESS STATION

★ Can you feel the stretch?

Pectoral Stretch

- ★ Grab your hands behind you and lean forward. Gently pull your hands upward. Hold.



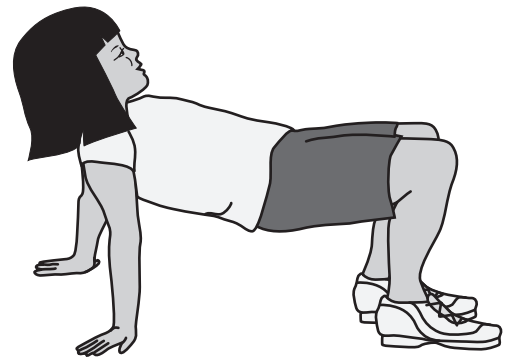
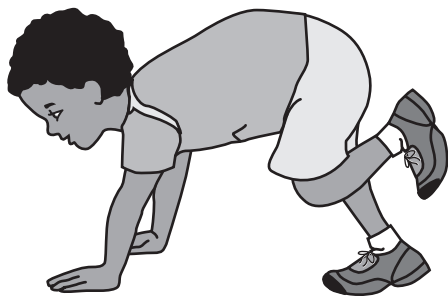
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FITNESS STATION

- ★ Can you feel the stretch?

Traveling in Different Ways

- ★ Travel on body parts other than just your feet.



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FITNESS STATION

- ★ How many different combinations of body parts can you come up with?

Hoop Moves

Move in and out of your hoop in different ways.



- * Can you move in low space? High space?
- * Can you move forward? Backward?

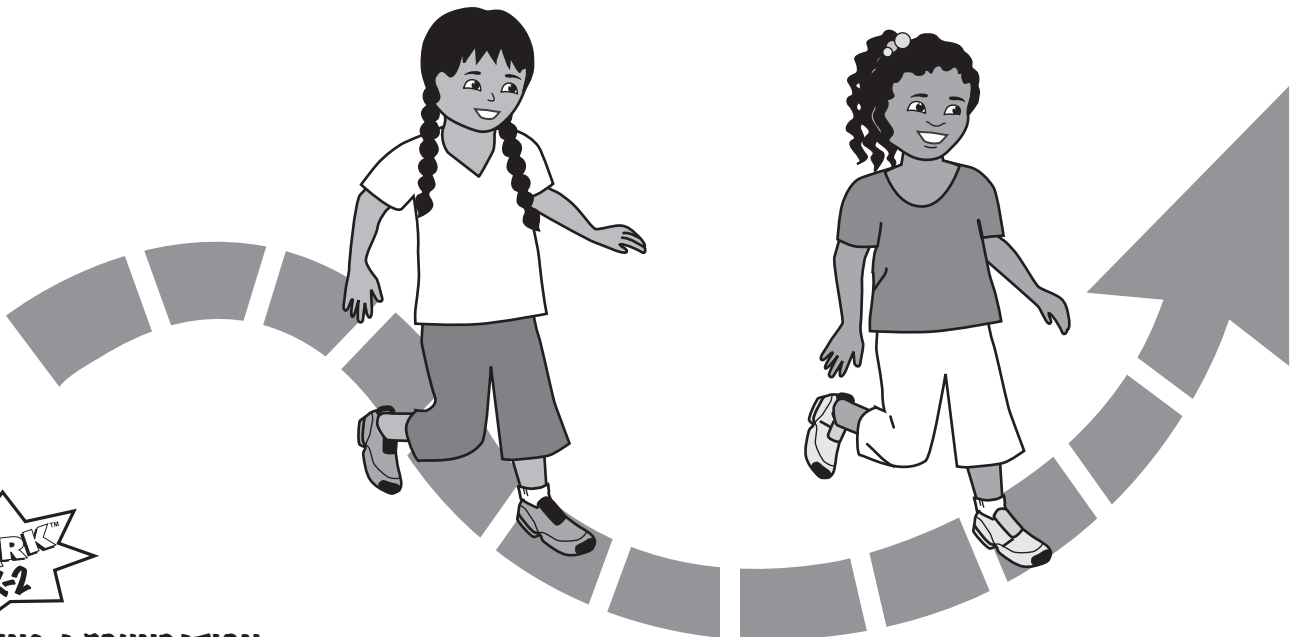
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FITNESS STATION

Partner Follow the Leader

One of you is the Leader and the other follows. Copy your Leader's pathway, direction, and locomotor movement inside the activity area. Switch roles.



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FITNESS STATION