

8 & Under Practice Groups

Hope you all had a Happy Easter! Cannot wait to see everyone again. Whenever that may be, we are one week closer 😊

Remember to enjoy the beautiful weather and stay active! I've added a couple more exercises for you to build on either, traveling between markers or the length of your yard etc., or stationary so you can do inside if needed.

Suggested activities so Far:

- Go for a bike ride, or ride a scooter around the neighborhood, with a grown up and don't forget your helmet!
- Jump Rope! How long can you go without messing up?
- Go for a run. How far can you run without stopping? Can you run a Mile or 2 miles? Build into this alternating running and walking. Run a minute, walk a minute, run 2 minutes, walk 30 seconds etc.
- Set up two markers in your yard or driveway, 15-30yds apart depending on room. Do Each activity between the markers, or the same exercise there and back.
[repeat or mix up exercises for 10-15 minutes. Rest between rounds]
Jog / Skip / Butt Kicks / Sidestep / Karaoke / Lunges / Bunny Hops / Bounds / Sprint / Bear Crawl [keep knees about 2" off the ground, back flat] / Burpee Bounds [leap forwards after each burpee]
- In one spot. :30 seconds of each exercise
[repeat or mix up exercises for 10-15 minutes. Rest between rounds]
Jog / Skip [Get knees up high] / Butt Kicks / Squats / Forward Lunges [Keep chest up] / Jumping Jacks / Walk outs [Bend over and walk out to a full plank, then walk hands back in and stand up] / Sprint [run as fast as you can, in one spot, driving your arms and knees] / Burpees [with and without a push up] / Squat Hold [Hold a low squat position] / Streamline Jumps [squat down and touch the ground with both hands and explode up to a high and tall Streamline]
- **Have Chalk? Try these games/activities**
See the following YouTube link for the game & rules
Hop Scotch. <https://www.youtube.com/watch?v=fZzswQalCfM>
Four Square. <https://www.youtube.com/watch?v=3snA-57CiX8>

Do whatever works best for you and your family!
Mix it up, something different each day!

Try some Yoga. Improve flexibility, body posture and relax.
Here's a YouTube link to a easy relaxing 20minute Yoga for beginners.
<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Build on the Yoga and check out More Yoga with Adriene:
<https://yogawithadriene.com/free-yoga-videos/>

KEEP WORKING YOUR CORE!

Try to do this 2-3 times a week. More is never a problem

Keep working Flutter Kicks, Planks, Crunches, Plank Walks, Y-Hold, and Swimmers

Create a little core circuit with all the exercises.

Alt. exercises :20-30 work with 10-15 rest or longer if needed.

New Core: Try to do each exercise for 20-30 seconds at a time, building up to a 1 Minute.

Full Sit up: Arms across your chest, feet flat. Sit up and get elbows over your knees

Russian Twist: With feet lifted off the ground, rotate from side to side, tapping the ground with your hands, [Keep hands joined], or hold a soccer or volley ball and tap the ball side to side.

- **Hula Hooping** is a good fun way to work your core. How long can you Hoop? Can you Streamline while hula hooping?
- Keep practice your Streamline. **Can you do a Streamline Wall sit?**
Sit against a wall, knees at 90° and hold a Streamline. Try for 15-30 seconds at a time!