

Developmental Competitive and Jr. Red practice Groups

Each Day: Play outside and keep moving for 30 minutes at a time. Longer is never a problem 😊

Suggested activities:

Go for a bike ride, or ride a scooter around the neighborhood, with a grown up and don't forget your helmet!

Jump Rope is another fun way to be active. How long can you go without messing up?

Have Chalk? Try these games/activities

See the following U-Tube link for the game & rules

Hop Scotch. <https://www.youtube.com/watch?v=fZzswQaICfM>

Four Square. <https://www.youtube.com/watch?v=3snA-57CiX8>

Flutter Kick Challenge: Who can flutter kick for a minute or longer, when we return?

Lay flat on your back, you can place your hands under your hips if needed.

Legs straight, raised off the ground, toes pointed, the whole leg moves, thigh and knee pass the other thigh and knee!

Build up to this. Do sets of 10-15 seconds at a time with at least 15 seconds rest and up to 30 seconds. When that gets easier sets of 20-30 seconds.

Plank Challenge: Let's work on holding a good full plank. Who can hold a good plank for a minute? Maybe 2 minutes?

Palms Flat and Hands pushing through the ground. Shoulders over wrists, back flat, push back through your toes.

Practice in 20-30 second increments.

Streamline Reminder: Hold a good Streamline for a minute!

You can do this multiple times per day and in different positions such as: Walking around, Sitting watching TV, doing various exercises, like Squats or lunges.