

Session 1: Practice Day

Value of the Day: Fun

ACTIVITY 1: Fun Collages

Time: 10–15 minutes

Materials: Old magazines, scissors (with parent supervision), newspapers, glue, paper, fun markers or any other fun materials like stickers

Fun Collage

1. With your parent's permission, find old magazines, books, newspapers, or any source of photography and pick out a few things that resemble fun for you!

a. This could be fun activities, fun colors, or anything you think is fun

2. Cut or rip out these photos

3. Create a collage of all the photos and items and glue them onto another piece of paper

4. Finally, use markers, glitter, stickers, or whatever materials you have to further design your collage and make it as fun as you can!



Coach Tip for Parents:

This is a great activity to do with your child or allow them to do it by themselves!

ACTIVITY 2: How Do Animals Move?

Time: 20–25 minutes

Directions: Create an open space of about 20 feet where you can move back and forth, whether that is outside or inside. Choose 8 of your favorite animals from the list below, and complete those exercises. Do each move while also thinking about how this animal moves and has fun. Take a break whenever needed! Feel free to complete the rest of the exercises if you have time!

1. **2 minutes of bear crawls**

Start on hands and knees, with hips in the air like a bear and walk forward using just hands and feet as stability.

2. **20 frog jumps** (or leap frog if you have a partner)

Start in a deep squat with hands between your legs. Touch the floor, then jump upward.

3. **10 crab walks backwards, 10 forwards**

Sitting on the floor, lift your hips and 'walk' backwards on hands and feet

4. **10 standing crab walks to the right, 10 to the left**

5. **20 bunny hops**

Squat low with hands held up like bunny paws. Take small forward hops, staying in a low squat the whole time.



6. 20 starfish jumps

Jump with arms and feet outstretched as far as you can, then on the way down leave your arms by your side and legs together. On each jump, yell "I'm a star!"

7. 1 minute of snake slither

Lie with a small rag under their bellies and use their arms, chest, and hips to wiggle forward.

8. 20x penguin exercise

Lay on your back with knees bent, keep your torso as straight as you can while reaching towards each ankle with one hand.

9. 10x lizard push up each leg

Start in a low plank, bend elbows slowly like a lizard creeping close to the ground. Bring each knee up to your arm, keeping your leg bent on the sides of your body. Challenge: crawl forward a few inches between reps, staying low and keeping your body straight.

10. 10x inchworm walks

Stand tall, bend down to touch the floor, and walk your hands forward into a plank. Then walk your feet forward to meet your hands. Repeat and see how far you can get.

11. 10x 20 second cheetah sprints, 1 minute rest between

Run quickly in place or in short bursts in your area



12. 10x 20 second horse gallops

One foot leads, the other pushes off. Switch feet halfway.
Feel free to make a horse “neigh” sound while you do these!

- a. One foot leads, the other pushes off. **Switch feet halfway.**
- b. Feel free to make a horse “neigh” sound while you do these!

13. 10x lazy bear taps (5x each side)

Start on your hands and knees, then lift your knees up slightly and tap each opposite shoulder with your hands. If this is too hard, leave your knees on the ground.



Coach Tip for Parents:

Help your child adapt the different activities to the amount of space available.