

DOWN & BACK DYNAMIC WITH YOGA STOP

Purpose: Allows students to warm-up bodies and is self-paced - students work on locomotor movements & muscular endurance/flexibility to improve overall fitness and FMS.

How:

1. Place several signs along the baseline or a side of the area.
2. Students can be in groups of 2 to 4. Assign for consistency each day.

TIP: If in groups of 3 to 4, they just need to remember to divide in half and have two shifts: Shift (A) & Shift (B) vs. Partner A & B.

3. Upon starting cue (music), students find partner or small group and spread out along baseline to begin.

TIP: Assign partners or small groups for the week so they do not have to worry about grouping. Switch partners/groups often. Use Team Shake app to make groups.

- Partners space out and start at baseline.
- Partner A does the locomotor movement down and back.
- Partner B does the exercise while partner A is going.
- Partners “High-Five” each other and switch when Partner A returns.
- Partner B does the locomotor movement down and back.
- Partner A does the exercise while partner B is going.
- Repeat process until time is up.

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Grapevine



Chair Pose



Skipping



Tree Pose



Grapevine



Side Plank



Skipping



Warrior 3

****REPEAT***