**Unit 6 Lesson Plans: Different Types of Workouts**

**Lesson 1: Yoga**

Y- breathe in and out

O- reach up as high as you can and hold

G- touch your toes and hold

A- stretch your neck by rolling your head in circles

1. Read article on Yoga from Kids Health (3 pages) : [http://kidshealth.org/en/kids/yoga-stress.html?WT.ac=ctg#](http://kidshealth.org/en/kids/yoga-stress.html?WT.ac=ctg)

2. Yoga Pictures:

Mat- <http://www.texasrockgym.com/wp-content/uploads/2016/04/Yoga-mat-for-fitness-1329383585-0.jpg>

Water bottle- <http://www.gocontigo.com/media/catalog/product/cache/19/image/425x/040ec09b1e35df139433887a97daa66f/m/o/monaco_cortland_back_2.jpg>

Towel- <http://www.wisebread.com/files/fruganomics/u5171/gaiam_0.jpg>

3. Yoga Music Examples- Listen to each for a minute or two

 Flow- <https://www.youtube.com/watch?v=vI55ZEYyGn8>

 Workout- <https://www.youtube.com/watch?v=0mne6bRPMOc>

 Nature- <https://www.youtube.com/watch?v=x30YOmfeVTE>

 Upbeat- <https://www.youtube.com/watch?v=2ldA8Ehcr1A>

4. Let’s practice! Follow along with the video for sitting yoga postures, do the best you can! <https://www.youtube.com/watch?v=dnUAOKZxsbI>

**Lesson 2: Strength Training**

W- Simulate a bicep curl

E- Flex your muscles

I- Hop on one leg 3 times

G- High five a neighbor

H- Clap your hands 5 times

T- Turn in a circle

1. Introduce weights and bands- let students hold the weights, touch them, rest in their lap, etc. Repeat with bands

2. What a gym might look like- <http://az616578.vo.msecnd.net/files/2016/06/29/636027688081708404-1221073903_how-to-deal-with-a-busy-gym-graphics-3.jpg>

 Take a look at the picture and point out the weights, benches, exercise balls, machines, etc.

3. Basic dumbbell exercises- <https://s-media-cache-ak0.pinimg.com/originals/f8/65/65/f8656567005863b96e9f911e199c3bb2.jpg>

 Talk through exercises, letting the students try them with the free weights or modified with the bands

4. The Benefits of Weight Training

 There is actually a long list of why you should include strength training in your program.

* Not only does strength training **increase your physical work capacity**, it also improves your ability to perform activities of daily living (ADL's).  You will be able to work harder and longer with the proper weight training activities.
* **It improves bone density**.  One of the best ways you can control bone loss as you age is to add strength training into your workout plan.
* It **promotes fat-free body mass** with decreasing sarcopenia.  The lean muscle mass that we all work so hard for decreases with age.  If we don't add strength training to our routine then it will turn into fat.
* It **Increases the strength of connective tissue, muscles, and tendons**. This leads to improved motor performance and decreased injury risk.
* **It improves your quality of life** as you gaining body confidence.  Strength training will not only make you strong, but will also help with managing your weight.

5. Pump It up Playground Video: 14 min- <https://www.youtube.com/watch?v=Z5VMThf0sM4>