

Sample Lesson Plan

The Classics

Warm-up

- Baseball swings
- Half-jacks
- Pogos
- Baby frogs

Traveling (alternate arms in/out of water)

- Machine presses with heel kicks
- Jump rope
- Toy soldiers
- Cross-country with a tuck
- Arm circles with soccer kicks
- Rocking horses
- Arm swings with high-knee jog
- Ankle, ankle, heel, heel
- Spider man
- Lawn-mowers with a fast-paced, wide-legged baby jog

Stationary moves (alternating frogs, jacks, tucks, presses, kicks for 30 reps each)

- Mama frogs
- Power jacks
- Lemon pushers
- Garlic presses
- Russian dancers
- Papa frogs
- Pendulums
- Lemon squeezers
- Garlic presses wide (jump for joy)
- Hoedowns
- Cannonballs
- Bee stings
- Reverse power jacks
- Washing machines (pogo with a tuck)
- Garlic presses with arms in the water
- Hop on one leg and swing the other
- Basketball shoot
- Over the log/moguls
- Uppercuts
- Suspended cross-country

Kicking (with or without traveling)

- Flutter kick on front
- Flutter kick on back
- Bicycle legs
- Bicycle arms
- V-kicks

Toning

Alternate by day: arms (buoys), legs (noodles), abs (noodles), arms and legs (rubber bands with noodles), legs (donuts), legs (steps)

Last class of session: water volleyball

Example: arms (buoys)

Bicep curls – right arm, palm up

Bicep curls – left arm, palm up

Arnolds – in front

Arnolds – in back

Bicep curls – right arm, palm down

Bicep curls – left arm, palm down

Triceps kick-backs – right arm

Triceps kick-backs – left arm

Dual arm rowing – forward

Dual arm rowing – backward

Cool down

Reach for the stars

Triceps stretches

Behind the back

Hugs

Shoulder rolls – forward and back

Shoulder lifts – together and alternating

Chicken neck

Neck rolls

Leg stretches – right leg, then left

Ankle twirls – both directions

Half-leg swings

Full-leg swings

Side-leg swings

Hurdler stretches

Dancer's pose

Screen doors