

Today, we will be working on our jumping skills. To go as far as you can in the standing or running long jump, you have to have strong legs and strong core muscles.

First, let's warm up!

1

Jog in Place: Do for 30 seconds
Take It Up a Notch: Jump Rope for 30 seconds

- Jog in place or march in place (instructions on page 14).
- Make sure you are also swinging your arms the whole time.

Chair modification: Do the same motion while seated in a chair.



2

Windmills: Do for 30 seconds

- Stand with your feet shoulder-width apart and your arms out straight to the sides, like a "T."
- Bend forward and reach your right hand across to touch your left foot. Keep your arms and legs as straight as possible.
- Stand back up with your arms out.
- Then, bend forward again and reach your left hand across and touch your right foot.
- Repeat.



Chair modification: Do the same motion while seated in a chair.

3

Arm Circles: Do for 30 seconds

- Stand or sit tall with your arms straight down at your sides.
- Slowly make large circles with your arms in the forward direction.
- Repeat this same motion in the backward direction.
- Perform this exercise standing/sitting or while walking.



Rest for 30 seconds, then get water. Repeat 2 more times.

Week 3 – Skating



1. Walking Backwards



- Stand with your feet close together and your arms out to your side for balance
- Walk backwards across the floor, stepping back about a foot's length each time
- Take 10 steps backwards, while maintaining balance
- Turn around and walk backwards again
- Slowly walk across the space **5 times**

2. One-Leg Dips



- With your arms stretched in front of you, lift your right foot in front of your body, and hover it over the floor (picture 1)
- Balance on your left foot
- Slowly bend your left leg and dip your body to the ground (picture 2)
- Now try this technique on the opposite leg
- Do this **10 times** on each leg

3. Quarter Turns



- Start with your feet shoulder width apart and your arms out (picture 1)
- Jump and turn about 90 degrees to the side (picture 2)
- Balance yourself, then jump again, turning another 90 degrees
- After four jumps, you should be back at your starting position; attempt your jumps in the opposite direction
- Complete **16 jumps**

4. One-Foot Glide w/ Extension

- Start with your feet shoulder width apart and your arms out
- Standing on your left leg, bring your right foot up, and place your right toe near the back of your left ankle (see figure 1)
- Open up your standing leg (figure 2)
- Then, extend your free leg backwards (figure 3)
- Hold this position for 10 seconds
- Complete this process **5 times on each leg**



Do these 3 stretches when you wake up and right before you go to bed.

1 Butterfly Stretch: Hold for 30 seconds

- Sit on the ground with the bottoms of your feet touching each other.
- Let your knees fall toward the floor.
- Your feet should be close to your body.
- Sit tall and lean forward over your feet.
- You should feel a stretch in your groin.



2 Wrist Stretch: Hold for 20 seconds.

- Stand or sit tall and put your arms straight out in front of you.
- Turn the palm of one hand towards the ground.
- Use the other hand to pull your hand down toward the ground.
- Next, turn your palm face up toward the ceiling.
- Use the other hand to pull your fingers back toward the ground.
- Switch arms and repeat both stretches.



3 Crossed Leg Hip Stretch: Hold for 30 seconds

- Lay on the ground with your right knee in the air.
- Put your left ankle on top of your right thigh.
- Grab underneath your right thigh. Pull your thigh towards your chest.
- You should feel a stretch in your left hip.
- Switch legs and repeat the stretch.

Chair Modification:
while seated, do the same motions as above.

