

Coach Baker's Home Hustle - K Through 2



Hello My Friends! Ohh How I miss you!

I am attaching some fun activities you can do at home while we are doing remote learning.

Complete any 4 Hustle Cards and 1 Activity Project during the week.

I hope you have some fun with these.

Remember to keep dancing and have some fun during this time. Movement is so important to keep the joy going.

Love,

Coach Baker

Katiebaker@re3j.com

Home Hustle Card 1

100 Jumping Jacks



Home Hustle Card 2

10 Push Ups



Home Hustle Card 3

1 Minute High Knees



Home Hustle Card 4

30 Sit Ups



Home Hustle Card 5

100 Butt Kickers



Home Hustle Card 6

10 Squats



Home Hustle Card 7

1 Minute Plank



Home Hustle Card 8

30 Supermans



ACTIVITY PROJECTS



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!



TABATA



1. PUSH-UPS



10 SEC REST

20 SEC MOVE

2. SKIER JUMPS



10 SEC REST

20 SEC MOVE

3. ALT. LEG KICKS



10 SEC REST

20 SEC MOVE

4. BURPEES



10 SEC REST

20 SEC MOVE

5. SQUATS



10 SEC REST

20 SEC MOVE

6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



HIGH INTENSITY INTERVAL TRAINING

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Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything
gets put back where it belongs!

Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump as far a possible down the rope- measure ✓ Repeat and try to go father- 5 jumps 	<ul style="list-style-type: none"> ▪ Squat low ▪ Explode up and forward ▪ Mark jump on rope where heels landed 	STAND SQUAT JUMP
2. 2 Foot Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump side-to-side (2 feet) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Skier motion 	JUMP JUMP JUMP
3. 1 Foot Hop 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Hop side-to-side (1 foot) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Keep balanced 	HOP HOP HOP
4. Criss-Cross 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and cross then uncross legs down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Cross-uncross, cross-uncross 	JUMP CROSS JUMP CROSS
5. 1/2 Turn Over 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and turn half way around (each jump) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Do not go too fast 	JUMP TURN JUMP TURN

Level 1- Rope on Ground