

WARM-UPS

1 Count Jumping Jacks – Students are to start at attention. Jump into the air and perform the entire jumping jack in the air and land back at attention.

2 Count Jumping Jacks – These are the standard jumping jacks that many of us over use in class. Students start at attention with their hands at their sides.

- 1) Students place feet a part shoulder width and clap their hands over their head.
- 2) Students place their feet back to attention and their hands to their sides.

4 Count Jumping Jacks – Here is the break down for doing standard jumping jacks in 4 moves instead of 2.

Students start at attention with hands at their sides.

- 1) Students place feet a part shoulder width with their hands out parallel to the floor.
- 2) Students then place their feet together while clapping hands over their heads.
- 3) Students place feet a part shoulder width with their hands out parallel to the floor.
- 4) Students finish by standing at attention with hands at their sides.

Radar Jumping Jacks – Instead of having students do jumping jacks in place, have them stand in place and rotate around in a circle. Once they have gone in one direction you can have them unwind by changing direction.

Grape Vines – This one can be done in lines or around the room. Have students start with their feet shoulder width apart. If moving to their right, left foot steps across in front of right foot. Right foot then steps out from behind the left foot so that feet are apart again. Left foot will then step behind right foot so that legs are crossed. Right foot then steps over so that feet are apart again. Have students repeat until they have reached a predetermined point in the room. Ask students to see how fast they can perform this exercise.

Jump Change Direction – While facing the front of the room, students jump and make a 1/4 turn in the air. Do this until they are facing back to the front of the room and then you can have them do 1/2, 3/4, 1 and 1 1/2 turns.

Jungle Run - Talk with students about obstacles found in the jungle (falling logs, low branches). Have students run in place and when the instructor yells branch they must duck and when he yells log they must jump. You can add your own obstacle as you see fit.

Mountain Climbers – Have students get in push position and bring one knee to their chest. While keeping their hands in place have students switch legs by bringing the other knee to their chest. The faster they switch their feet the better the warm-up.

Ski Shuffle – Have students stand feet shoulder width apart and hands up by their face. They then place one foot forward and one foot backwards. Have them repeat this process switching which leg is in front as if they were cross country skiing.

Alaskan Adventure - Have students ski shuffle until you yell mountain and then they must do mountain climbers to get to the top, you can also have them perform a break fall when you yell down as if they were falling down the mountain.

Advanced Footwork Drill – Have students stand with feet shoulder width apart. Students then bring feet together and apart with shoulders squared to the front of the room. Have them try and keep time with the instructor. To add an extra twist you can add ski shuffles to the drill.

High Skipping - (jump front kick drill) Challenge the kids to skip as high as they can across the floor by raising their rear knee in the air as high as possible. This is a great way to work on getting their jump kicks higher. You can also have them work on skipping as far as they can so that they can work on covering distance.

Slide Step Drills – Have students slide their back foot up to front then front foot out adding a single technique or a combination when finished moving (i.e.... jab, reverse punch). This is an easy way to get students used to moving and performing techniques.

Jump Across the Floor - have students jump forward bringing knees into chest changing the leading leg each time by turning in the air. A more advanced warm up is to have them do step jump 360's without a kick.

Death Crawls – Students start standing with feet shoulder width apart and then place their hands on the floor keeping their legs straight, walk hands out to push up position do 1 push up and walk hands back, finish in standing position. Next time have them do two pushups and so on. The reason for the name will become evident after they have done a few of them.

Ranger Push-Ups - Pair up students and have one partner hold the others legs off the floor while performing push-ups.