

Seven Days of Boot Camp

(Tune: The Twelve Days of Christmas)

On the first day of boot camp (Up on toes and stretch arms up high.)

My trainer taught me

To stretch up high as can be.

2nd Day – deep squats (Legs extended and bend knees up and down.)

3rd Day – toe touches (Bend and touch toes and then arms in air.)

4th Day - back lunges (Step back on right foot and then left.)

5th Day - jumping jacks (Jump out with arms up and then arms down.)

6th Day – knee lifts (Alternate bringing knees up and pulling arms down.)

7th Day - scissor kicks (Cross legs in front and then cross legs in back.)

Activities: Let children illustrate their favorite exercises and make a class book called “School’s Name Boot Camp.”

What does a trainer do? How is a trainer like your teacher?

Let children take turns being the “trainer” and leading exercises.

Brainstorm how they can exercise at home. Make a T-chart with exercises they can do “outside” and “inside.”