

Unified Fitness Kit



Special Olympics
Unified Champion
Schools®

Acknowledgements

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Colin Schooley, and Cruz White**



Special Olympics
Health
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JUMP ROPE ACTIVITIES



Jump Rope Activities

Directions:

- Start with the first jump rope activity.
- Perform the activity for 1 minute, then rest for 1 minute. Complete the activity 3 times.
- Once you have successfully completed the first activity, move onto the next and work your way through all the jump rope activities.
- A jump rope can be used on the ground (stationary) or in the traditional way (swinging).

Too easy? Try this:

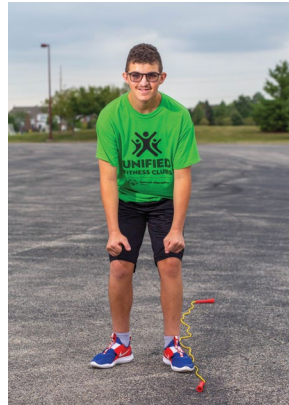
- Add more time, go faster, jump higher, or jump on one foot only.



Side to Side Jumping with Stationary Rope



- 1 Place the rope on the ground.
- 2 Face the end of the rope and stand on one side with feet together.
- 3 Quickly jump side to side over the rope.



Front and Back Jumping with Stationary Rope



- 1 Place the rope on the ground.
- 2 Face the side of the rope and stand with your toes behind it and feet together.
- 3 Quickly jump forward over the rope and then backwards.



Basic Rope Jumping



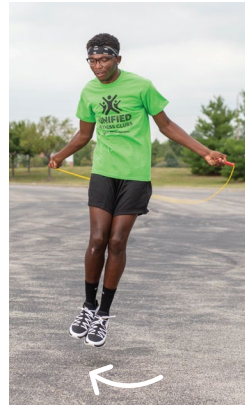
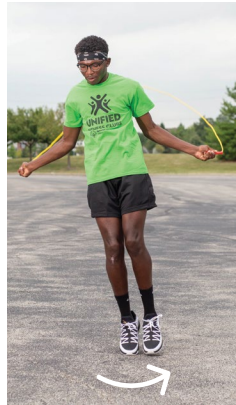
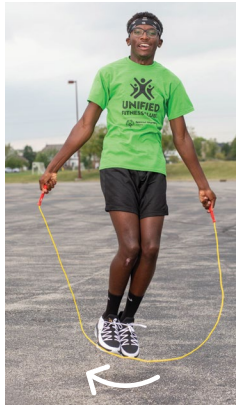
- 1 Hold handles in your hands with the rope hanging behind your feet.
- 2 Jump over the rope while swinging the rope forwards without stopping.



Side to Side/Skier Rope Jumping



- 1 Start with the basic jump.
- 2 Jump over the rope and move your feet side to side.
- 3 Keep your feet together.



Reverse Rope Jumping



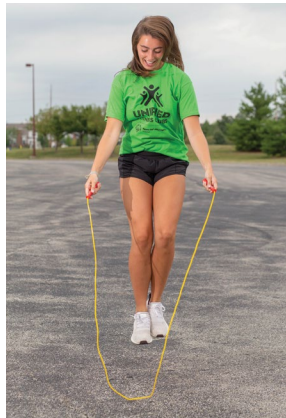
- 1 Hold handles in your hands with the rope hanging in front of your feet.
- 2 Jump over the rope while swinging the rope backwards in the reverse direction.



Straddle Rope Jumping



- 1 Start with the basic jump.
- 2 Jump over the rope and move your feet to a straddle position (apart) and then bring your feet together, like you are doing a jumping jack.





BALL ACTIVITES



Ball Activities

Directions:

- Start with the first ball activity.
- Perform the activity for 1 minute, then rest for 1 minute. Complete the activity 3 times.
- Once you have successfully completed the first activity, move onto the next and work your way through all the ball activities.

Too easy? Try this:

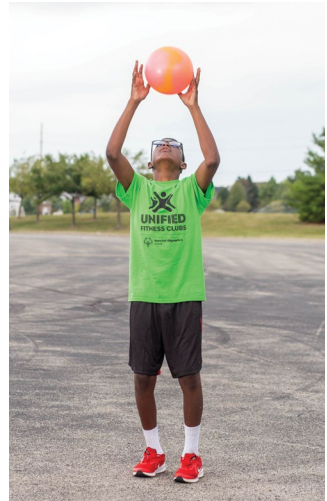
- Strike, throw, or hit the ball higher, strike or catch with one hand only, change directions, or add more time.



Keep it Up



1 Use one or both hands to strike the ball upward into the air, and don't let it touch the ground.



Toss, Clap and Catch



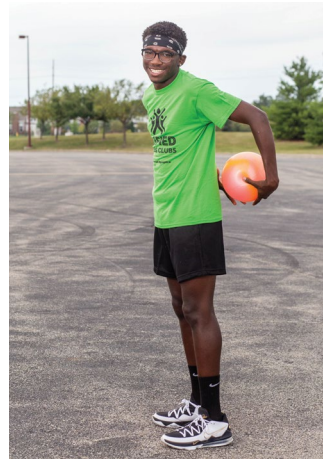
- 1 Throw the ball into the air, clap your hands once, and then catch the ball.
- 2 Throw the ball higher and clap your hands more than once before catching the ball.



Ballhandling Circles



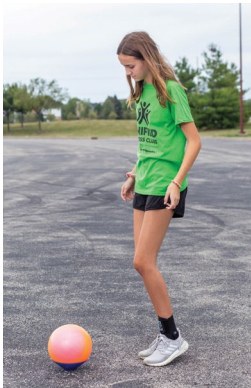
- 1 Hold the ball in one hand and circle it around your body by passing it to the other hand.
- 2 Start at your head/neck and then move down to circle your waist, knees, and ankles.



Toe Tapping



- 1 Place the ball on the ground.
- 2 Touch the top of the ball with your right foot, then switch feet and touch the top of the ball with your left foot.
- 3 Keep tapping the ball lightly while quickly switching your feet.



Juggling



- 1 Drop the ball from your hands to one foot and kick it lightly up into the air.
- 2 Try to keep the ball up by using your feet, thighs, and head (no hands!) to juggle.



Figure 8



- 1 Hold the ball in one hand and have your feet shoulder width apart.
- 2 Circle the ball around one knee and then the other knee, making a Figure 8 pattern.





HOOP AGILITY LADDER ACTIVITIES



Hoop Agility Ladder Activities

Directions:

- Start with the first hoop agility ladder activity.
- Perform the activity for 1 minute, going down and back the hoop ladder as many times as you can. Then rest for 1 minute. Complete the activity 3 times.
- Once you have successfully completed the first activity, move onto the next and work your way through all the hoop agility ladder activities.

Too easy? Try this:

- Go faster, change the pattern of the hoops, jump higher, or add more time.



Hoop Walking/Running



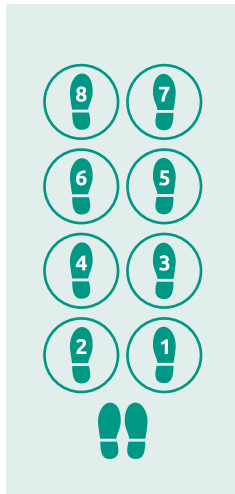
1 Quickly walk or run forward through the hoop ladder by touching one foot only in each hoop.



Hoop Fast Feet



1 Quickly step with one foot at a time into each hoop to the end of the ladder.



Hoop Hopping Forward



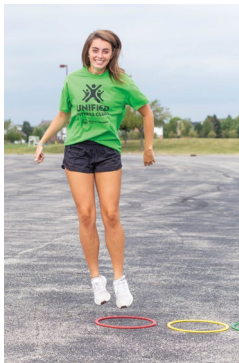
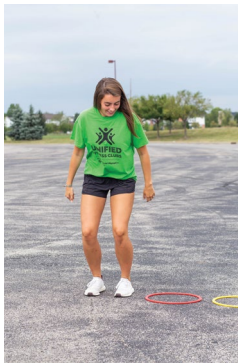
- 1 Using only your right foot, hop forward into each hoop to the end of the ladder.
- 2 Switch and hop with your left foot.



Hoop Jumps Sideways



1 Keeping your feet together, jump sideways into each hoop to the end of the ladder.



Sideways High Knees



- 1 Step sideways into the hoop with your right foot, then left, raising your knees high.
- 2 Step into the next hoop, right foot then left, to the end of the ladder.



Wide and Narrow



- 1 Straddle the first hoop so both feet are wide on either side. Then jump into the first hoop with your feet together.
- 2 Continue jumping wide and narrow into each hoop until you reach the end of the ladder.





CONE ACTIVITIES



Cone Activities

Directions:

- Start with the first cone activity.
- Perform the activity for 1 minute, going through the cones as many times as you can. Then rest for 1 minute. Complete the activity 3 times.
- Once you have successfully completed the first activity, move onto the next and work your way through all the cone activities.

Too easy? Try this:

- Reduce the time between sprints, go faster, add more time, or try hopping, skipping, or galloping instead of sprinting, backpedaling or side shuffling.



Sprints



- 1 Place 2 cones 10 big steps apart.
- 2 Sprint straight from one cone to the other.



Side Shuffle



- 1 Place 2 cones 10 big steps apart.
- 2 Stand with your feet a little wider than shoulder width apart, bend your knees, and stay low.
- 3 Move sideways with one foot leading from one cone to the other, and do not cross your feet.



Backpedal



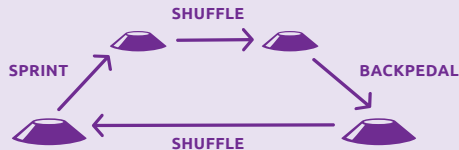
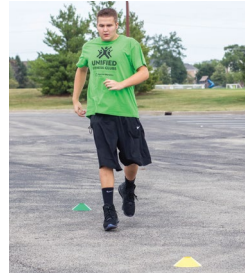
- 1 Place 2 cones 10 big steps apart.
- 2 Backpedal (run backwards) from one cone to the other.



Square Drill



- 1 Place 4 cones in a square with 10 big steps between each cone.
- 2 Alternate between sprinting, side shuffling, and backpedaling between each cone.



Zig Zag



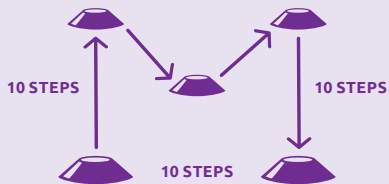
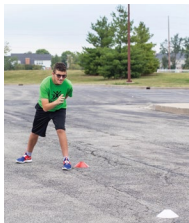
- 1 Place 5 cones in a zig zag pattern with about 10 big steps between each cone.
- 2 Alternate between sprinting and side shuffling between each cone.



M Sprint



- 1 Place 5 cones in an M shape.
- 2 Sprint between each cone.





RESISTANCE BAND ACTIVITIES



Resistance Band Activities

Directions:

- Start with the first resistance band activity.
- Perform the activity for 1 minute, then rest for 1 minute. Complete the activity 3 times.
- Once you have successfully completed the first activity, move onto the next and work your way through all the resistance band activities.

Too easy? Try this:

- Add more time or reduce the time you rest between each activity.



Standing Leg Lifts (Backwards and Side)



- 1 Stand with the band around your ankles, with your feet shoulder width apart.
- 2 Lift your right leg out behind you, keeping it straight. Hold for 3 seconds, and then bring the leg back to the start position. Repeat with the left leg.
- 3 Repeat the same exercise by lifting your leg out to the side.



Horizontal Arm Extensions



- 1 Place the band around your wrists and put your arms out in front of you.
- 2 Keep your arms bent, and pull the band apart by opening your arms out wide.
- 3 Hold for 3 seconds, bring arms back to the start position, and repeat.



Monster Walk



- 1 Stand with your feet shoulder width apart and place the band around your ankles.
- 2 Bend your knees slightly and take a large step diagonally to the right to stretch out the band. Then take a large step diagonally to the left to stretch out the band.
- 3 Continue taking diagonal steps forward.



Rear Arm Extensions



- 1 Place the band around your wrists and hold your arms behind you.
- 2 Pull the band apart by opening your arms out wide. Hold for 3 seconds, return arms to the start position, and repeat.



Bicep Curls



- 1 Loop the band around your left knee, and hold the other end in your left hand.
- 2 Kneel on your right knee, and grab the band with your palm facing up.
- 3 Pull the band up to your shoulder, hold for 3 seconds, slowly return to the start position, and repeat.
- 4 Switch to the other side and repeat.



Clam Shells



- 1 Lie down on your side with your knees bent, and prop your body up on your forearm.
- 2 Place the band around your thighs, just above your knees.
- 3 Lift your top knee up as far as you can, hold for 3 seconds, lower it back so your knees are together, and repeat.
- 4 Switch to the other side and repeat.





OBSTACLE COURSE & ACTIVITY TRACKER



Obstacle Course

- Congratulations! You have completed all the activities, but there is more!
- You can create your own obstacle course to pull together all the activities you just learned and conquered.
- Pick one activity from each piece of equipment to design your obstacle course. Complete each activity and work your way through the entire course.
- Rest between each obstacle if needed, but try to challenge yourself to see how fast you can make it through the whole course.
- Create new courses to challenge yourself and your friends!



Activity Tracker

- Wear the activity tracker on your wrist every day to track the number of steps you take.
- Your goal should be to take 10,000 – 12,000 steps (4 – 6 miles) per day.
- All the activities you just learned will help you reach this daily goal. You can add in some of your favorite physical activities. Walking, running, biking, hiking, and dancing are also great options to help you achieve your daily step goal.



Daily Step Tracker



	SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							