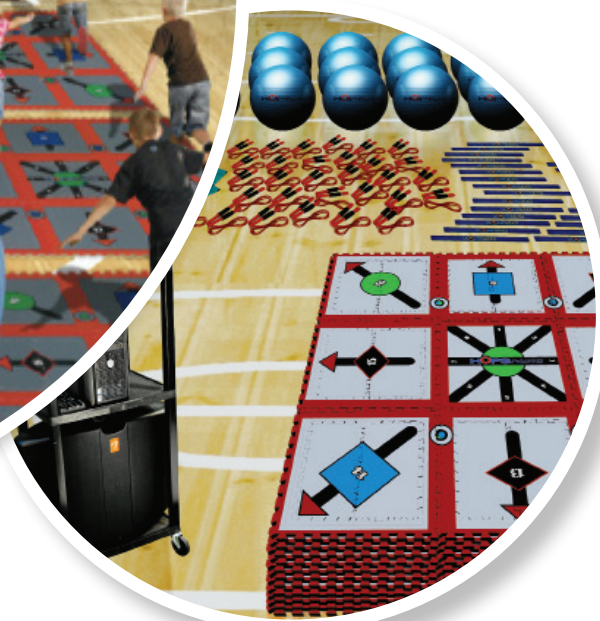


Annotated LESSON PLANS

Taking Physical Activity
to the NEXT LEVEL



 **SHAPE** SOCIETY
America OF HEALTH
AND PHYSICAL
EDUCATORS
health. moves. minds.

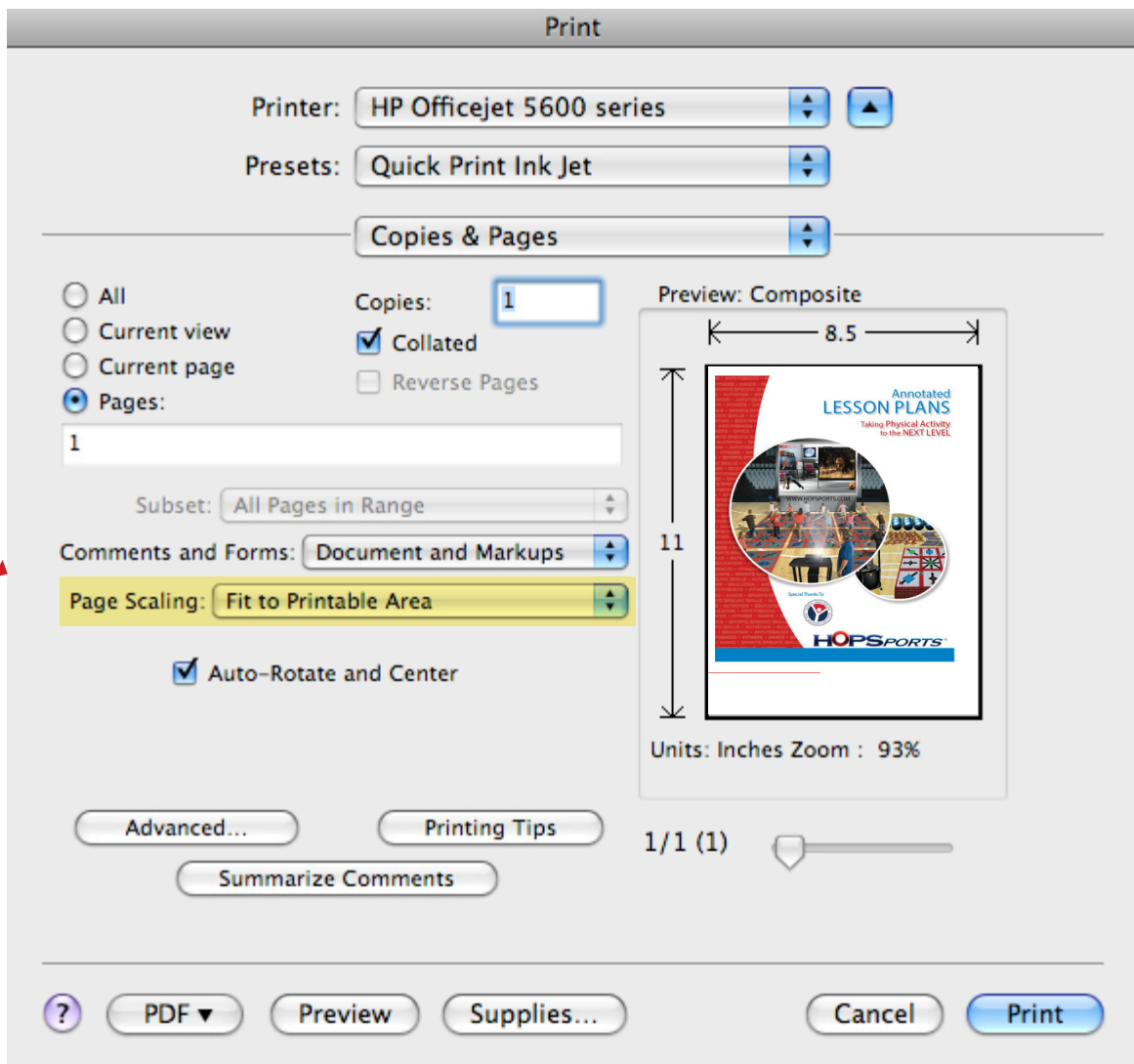
HOPSPO RTS®

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Introduction to the HOPSports Annotated Lessons.

This document will assist you in planning and structuring your daily lessons and utilizing the HOPSports Training System (HTS) to the fullest capacity.

The Annotated Lessons are intended to provide an overview of each lesson in the HOPSports Video Library. They provide a brief description of the lesson, location, duration and the materials needed for each lesson. Where appropriate, the Annotated Lessons conclude with suggested room set-up.

The HOPSports Video Library is divided into the following nine directories:

- Arts
- Circuits
- Fitness Skills
- Fun Fitness
- HOPSmart
- International
- Sports Skills
- Training Tools
- Warm Ups - Cool Downs

National PE Standards

SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Arts



HOPSSPORTS®



Breakdance Ephrat 1

Directory: Arts
Folder: Dance - Breakdance
Time: 11:59 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3

Ephrat teaches basic breakdancing moves in this introductory lesson.



Breakdance Drops

Directory: Arts
Folder: Dance - Breakdance
Time: 09:35 min.
Matl's Needed: None
Grades: 6 - 12

A breakdance routine with Ephrat introduces the footwork required to breakdance.

Class Set-up

Students should be spread throughout the class room, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Breakdance Footwork Drills

Directory: Arts
Folder: Dance - Breakdance
Time: 013:58 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3

This breakdance routine with Ephrat emphasizes the footwork required to breakdance.



Breakdance Freezes

Directory: Arts
Folder: Dance - Breakdance
Time: 08:06 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3

This breakdance routine with Ephrat emphasizes advance movement patterns.

Class Set-up

Students should be spread throughout the class room, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Achy Breaky Heart

Directory: Arts
Folder: Dance - Country
Time: 07:10 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

This routine is designed to teach a basic Country line dance in a fun environment.



Boot Scootin' Boogie

Directory: Arts
Folder: Dance - Country
Time: 07:33 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

This routine is designed to teach a basic Country line dance in a fun environment.

Class Set-up

Students should be spread throughout the class room, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Cowboy Strut

Directory: Arts
Folder: Dance - Country
Time: 07:11 min.
Mat'l's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

This routine is designed to teach a basic Country line dance in a fun environment.



Electric Slide

Directory: Arts
Folder: Dance - Country
Time: 06:01 min.
Mat'l's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

This routine is designed to teach a basic Country line dance in a fun environment.

Class Set-up

Students should be spread throughout the class room, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



One Forward Two Back

Directory: Arts
Folder: Dance - Country
Time: 06:21 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

This routine is designed to teach a basic Country line dance in a fun environment.



The Butterfly Tattoo

Directory: Arts
Folder: Dance - Country
Time: 6:52 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

This routine is designed to teach a basic Country line dance in a fun environment.

Class Set-up

Students should be spread throughout the class room, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



The Cheeseburger

Directory: Arts
Folder: Dance - Country
Time: 07:01 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

This routine is designed to teach a basic Country line dance in a fun environment.



Tush Push

Directory: Arts
Folder: Dance - Country
Time: 06:21 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

This routine is designed to teach a basic Country line dance in a fun environment.

Class Set-up

Students should be spread throughout the class room, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Country Two Step

Directory: Arts
Folder: Dance - Country
Time: 07:07 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

This routine is designed to teach a basic Country line dance in a fun environment.



Hip Hop Jermaine Brown 1

Directory: Arts
Folder: Dance - Hip Hop
Time: 22:57 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3

Jermaine Brown performs one of his many hip hop routines from Broadway Dance Center in New York.

Class Set-up

Students should be spread throughout the class room, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Hip Hop Jermaine Brown 2

Directory: Arts
Folder: Dance - Hip Hop
Time: 16:47 min.
Mat'l's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3

This hip hop routine emphasizes the movements of jazz, funk, and hip hop.



Hip Hop Jermaine Brown 3

Directory: Arts
Folder: Dance - Hip Hop
Time: 15:38 min.
Mat'l's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3

Jermaine Brown teaches others one of his many hip hop routines from the Broadway Dance Center in New York.

Class Set-up

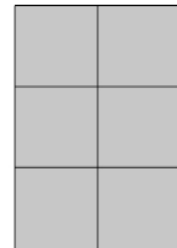
Students should be spread throughout the class room, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



HOPS Dance 1950

Directory: Arts
 Folder: Dance - HOPS Dance
 Time: 12:26 min.
 Matl's Needed: None
 Grades: 6 - 12
 Standards: 1, 3, 6

The HOPS Dance routines are designed to teach the basics of dance in a fun environment.



HOPS Dance Across the Floors

Directory: Arts
 Folder: Dance - HOPS Dance
 Time: 5:20 min.
 Matl's Needed: Mats
 Grades: 6 - 12
 Standards: 1, 3, 6

The HOPS Dance routines are designed to teach the basics of dance in a fun environment.



Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Mats should be arranged according to the figure Shown.

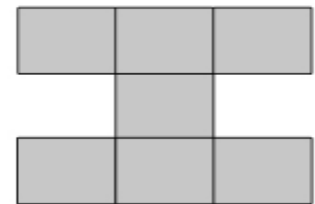




HOPS Dance Hip Hop

Directory: Arts
Folder: Dance - HOPS Dance
Time: 12:02 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6

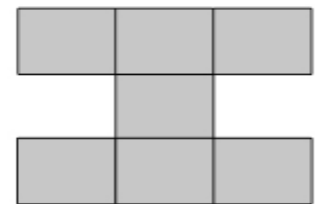
The HOPS Dance routines are designed to teach the basics of dance in a fun environment.



HOPS Dance Jazz

Directory: Arts
Folder: Dance - HOPS Dance
Time: 11:56 min.
Matl's Needed: Mats
Grades: 6 - 12
Standards: 1, 3, 6

The HOPS Dance routines are designed to teach the basics of dance in a fun environment.



Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Mats should be arranged according to the figure Shown.



HOPS Dance Latin

Directory: Arts
Folder: Dance - HOPS Dance
Time: 11:29 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 6



The HOPS Dance routines are designed to teach the basics of dance in a fun environment.



Mandy Moore Direction Change

Directory: Arts
Folder: Dance - Jazz
Time: 8:16 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3

Mandy Moore performs beginner-level movement patterns in a progression dance piece.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.





Mandy Moore Use of Space

Directory: Arts
Folder: Dance - Jazz
Time: 6:32 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 3, 4, 5, 6

Mandy Moore discusses and performs beginner-level dance within the confines of available space.



Rhapsody All the Time

Directory: Arts
Folder: Dance - Jazz
Time: 24:27 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3

Rhapsody Jazz All The Time covers the basics of Jazz dance and basic movement patterns.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Fransini Latin Footwork 1

Directory: Arts
Folder: Dance - Latin
Time: 06:22 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

Fransini introduces basic footwork drills.



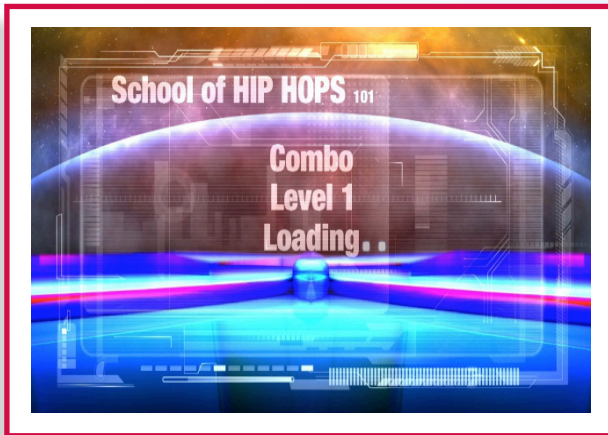
Fransini Latin Footwork 2

Directory: Arts
Folder: Dance - Latin
Time: 06:22 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

Fransini introduces basic footwork drills.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



SOHH 101 Combo Level 01

Directory: Arts
Folder: Dance - School of Hip HOPS - 101
Time: 01:43 min.
Mat's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

Quickly run through the Two Step, Dippin, Shoulder Lean, Heel Toe, Leo Walks and the Bart Simpson as an introduction or once you've learned the moves.



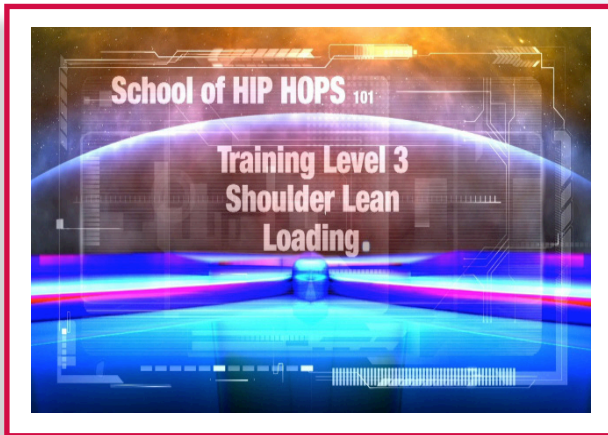
SOHH 101 Training Level 02 Two Step

Directory: Arts
Folder: Dance - School of Hip HOPS - 101
Time: 01:36 min.
Mat's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

This low impact dance lesson introduces a dip step and finding your rhythm.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



SOHH 101 Training Level 03 Shoulder Lean

Directory: Arts
Folder: Dance - School of Hip HOPS - 101
Time: 01:17 min.
Mat's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

Focus on your upper body movement in Level 03 of the School of Hip HOPS.



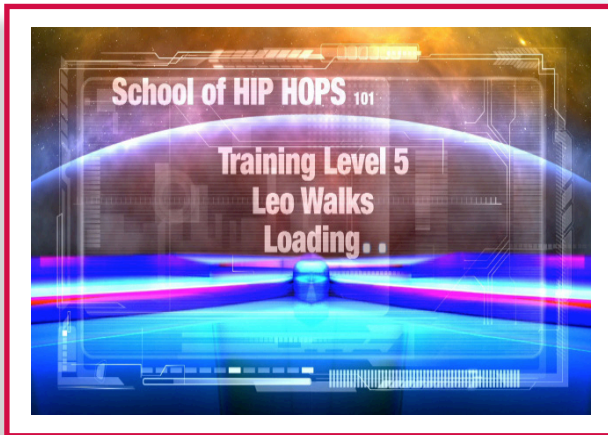
SOHH 101 Training Level 04 Heel Toe

Directory: Arts
Folder: Dance - School of Hip HOPS - 101
Time: 01:28 min.
Mat's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

Work on your coordination with this classic dance move.

Class Set-up

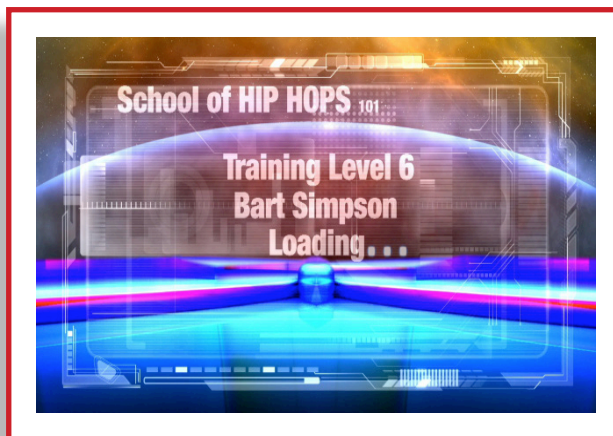
Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



SOHH 101 Training Level 05 Leo Walks

Directory: Arts
Folder: Dance - School of Hip HOPS - 101
Time: 01:38 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

Build on what you've learned so far in the School of Hip HOPS with Leo Walks in Level 05.



SOHH 101 Training Level 06 Bart Simpson

Directory: Arts
Folder: Dance - School of Hip HOPS - 101
Time: 01:41 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

The iconic Bart Simpson dance finishes off the School of Hip HOPS.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.

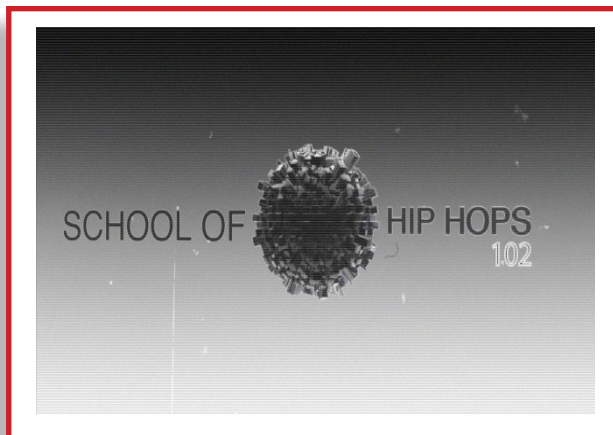




SOHH 101 Training Level All

Directory: Arts
Folder: Dance - School of Hip HOPS - 101
Time: 05:47 min.
Mat'l's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

Are you up to the challenge? Put everything you've learned to the test with this fun dance combo.



SOHH 102 Training Level All

Directory: Arts
Folder: Dance - School of Hip HOPS - 102
Time: 05:30 min.
Mat'l's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

Basic to Intermediate steps including Wubba Walks, Slide and Bump, Emergency Exits, Egyptian Walk, Soul Waves.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



SOHH 103 Training Level All

Directory: Arts
Folder: Dance - School of Hip HOPS - 103
Time: 06:33 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

Put all your skills to the test with Too Cool Step and Touches, Charles Lean?, The Running Man, Skip to My Lou, Show Stoppers.



Rhythm Xola 1

Directory: Arts
Folder: Music -Rhythm
Time: 07:02 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 5, 6

This lesson plan is designed to teach the basic fundamentals of music and rhythm.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Talking Drums

Directory: Arts
Folder: Music - Talking Drums
Time: 19:10 min.
Matl's Needed: HOPSticks
Grades: K - 12
Standards: 3, 5, 6

This lesson plan is designed to teach the basic fundamentals of playing the drums.



Bollywood Hand Techniques Intro

Directory: Arts
Folder: Performing Arts - Bollywood
Time: 07:11 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

This lesson plan is designed to teach the fundamental hand techniques of Bollywood.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Bollywood Hand Techniques

Directory: Arts
Folder: Performing Arts - Bollywood`
Time: 19:10 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 5, 6

This lesson plan is designed to teach the fundamental hand techniques of Bollywood.



Imagi-PLAY-tion

Directory: Arts
Folder: Performing Arts - Imagi-PLAY-tion
Time: 20:04 min.
Matl's Needed: None
Grades: K - 12
Standards: 3, 5, 6

AHA acts out a story through mime and body motions set to silent picture piano music. Learn the Triple Hop, Hot Step, Lindy Hoof, Heel Click, Barrell Roll, Frog Hop, and The Gentleman.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Drawing a Baby

Directory: Arts
Folder: Visual Arts - Comic
Time: 17:59 min.
Mat'l's Needed: Paper, Pen
Grades: K - 12
Standards: NA

This lesson plan is designed to teach basic techniques of drawing a baby in a comic strip.



Visual Arts Comic Intro

Directory: Arts
Folder: Visual Arts - Comic
Time: 02:56 min.
Mat'l's Needed: Paper, Pen
Grades: K - 12
Standards: NA

This lesson plan is designed to teach basic techniques of drawing a comic strip.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need paper and a pen.



Writing a Comic

Directory: Arts
Folder: Visual Arts - Comic
Time: 15:52 min.
Matl's Needed: Paper, Pen
Grades: K - 12
Standards: NA

This lesson plan is designed to teach basic techniques of writing a comic strip.

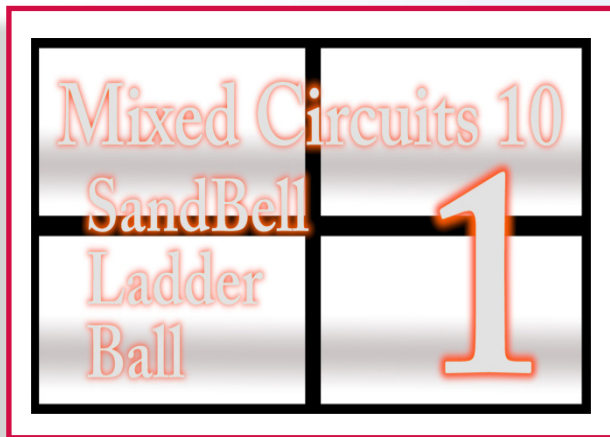
Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need paper and a pen.

Circuits



HOPSSPORTS®



10 SandBell, Ladder, Ball 1

Directory: Circuits
Folder: Mixed Circuits
Time: 09:48 min.
Matl's Needed: Ladders, SandBells, Ballast Balls
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This circuit develops cardiovascular fitness, rhythm, coordination, foot speed, and movement patterns utilizing ladders.



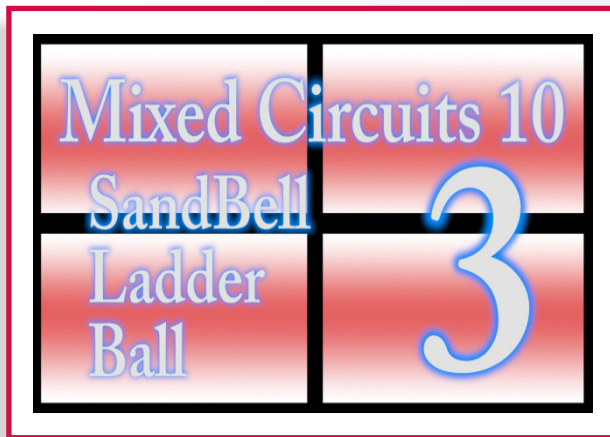
10 SandBell, Ladder, Ball 2

Directory: Circuits
Folder: Mixed Circuits
Time: 09:37 min.
Matl's Needed: Ladders, SandBells, Ballast Balls
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This circuit develops cardiovascular fitness, rhythm, coordination, foot speed, and movement patterns utilizing ladders.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. Ladders will be created from HOPS mats and placed in stations, numbered clockwise 1-. Diagram indicating how the classroom is set-up will appear on screen.



10 SandBell, Ladder, Ball 3

Directory: Circuits
Folder: Mixed Circuits
Time: 10:38 min.
Mat'l's Needed: Ladders, SandBells, Ballast Balls
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This circuit develops cardiovascular fitness, rhythm, coordination, foot speed, and movement patterns utilizing ladders.



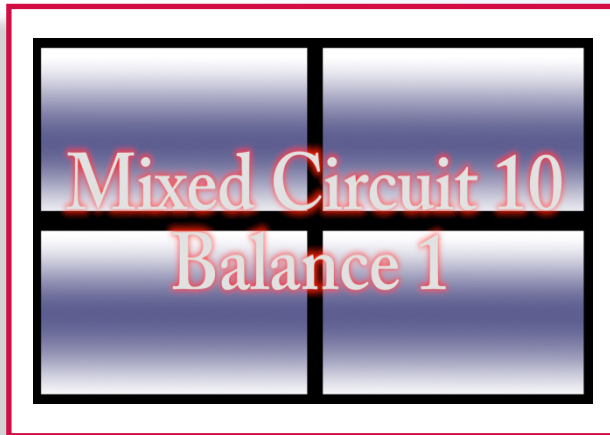
10 Strength 1

Directory: Circuits
Folder: No Equipment Circuits
Time: 11:40 min.
Mat'l's Needed: None
Grades: 6 - 12
Standards: 1, 3, 4, 6

Slow Mountain Climbers, Modified Horizontal Hand Switches, Exaggerated Mountain Climbers, Modified Alternating Superman, Vertical Hand Switches, Star Reaches, Star HOPS, Side to Side Curtsy Lunge HOPS

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. Ladders and cones will be created from HOPS mats and placed in stations, numbered clockwise 1-4. Diagram indicating how the classroom is set-up will appear on screen.



10 Balance 1

Directory: Circuits

Folder: No Equipment Circuits

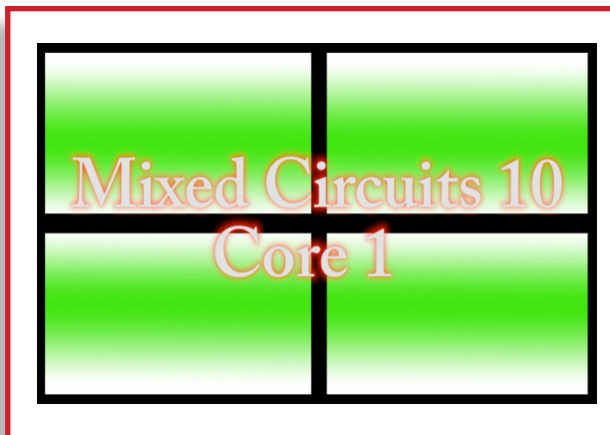
Time: 11:16 min.

Matl's Needed: None

Grades: 6 - 12

Standards: 1, 3, 4, 6

Deep Lunge Leg Swiches, Deep Lunges, Figure 4 Balance, Alternating Reaches, Reverse Lunge and Alternating High Knees, Star HOPS, Single Leg Balance with Leg Extensions, Single Leg Tuck Jumps



10 Core 1

Directory: Circuits

Folder: No Equipment Circuits

Time: 10:37 min.

Matl's Needed: None

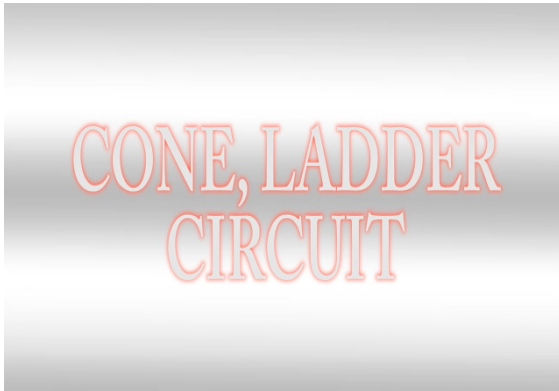
Grades: 6 - 12

Standards: 1, 3, 4, 6

Lunge Progression, Hop Progression, Alternating Leg Extensions, Side to Side Active Crunches, Arm Movements, Statue of Liberty, Plank Alternating Hand Walk, Lunge Progression

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. The space will be divided into 4 stations numbered 1 - 4. Class will need ladders and mats. Diagram indicating how the classroom is set-up will appear on screen.



20 Cone and Ladder

Directory: Circuits
Folder: Mixed Circuits
Time: 22:07 min.
Matl's Needed: Cones, Ladders
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This circuit develops cardiovascular fitness, rhythm, coordination, foot speed, and movement patterns utilizing ladders and cones.



20 Functional Training

Directory: Circuits
Folder: No Equipment Circuits
Time: 25:24 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Back Extensions, Alternating Knee Slides, Modified Horizontal Hand Switches, Run in Place, Plank Horizontal Hand Switches, 6 Inches Alternating Crunches, Alternating Split Squat Jumps, Forward Large Arm Circles, Plank Alternating Arm Lifts, Alternating Modified Superman, Alternating Leg Kicks, Side Bridge, Alternating Crunches,

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. The space will be divided into 4 stations numbered 1-4. Diagram indicating how the classroom is set-up will appear on screen.



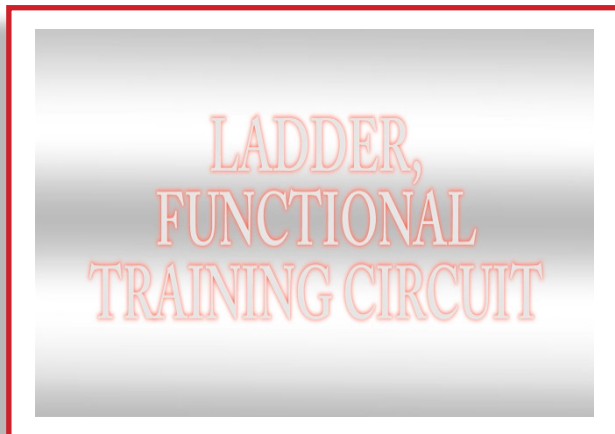
20 Herschel and Gina

Directory: Circuits
Folder: Mixed Circuits
Time: 24:27 min.
Mat'l's Needed: Stretch Bands
Grades: 6 - 12
Standards: 1, 2, 3

Herschel and Gina demonstrate exercises to develop core strength and cardiovascular fitness while teaching basic striking techniques.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. The space will be divided into 4 stations numbered 1-4; Station 1 and 2 will utilize martial arts, while Stations 3 and 4 will utilize stretch bands. Diagram indicating how the classroom is set-up will appear on screen.



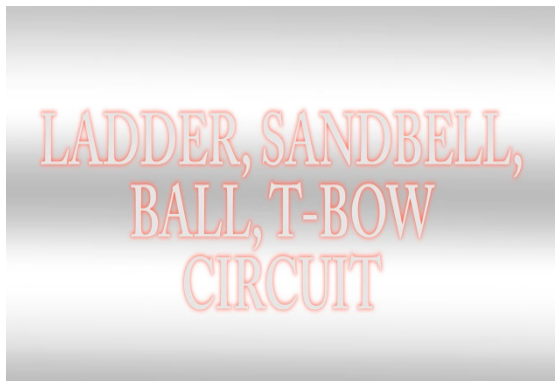
20 Ladder, Functional Training

Directory: Circuits
Folder: Mixed Circuits
Time: 24:06 min.
Mat'l's Needed: Ladders
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This circuit develops cardiovascular fitness, rhythm, coordination, foot speed, and movement patterns.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. The space will be divided into 4 stations numbered 1-4. Diagram indicating how the classroom is set-up will appear on screen.



20 Ladder, SandBell, Ball, T-Bow

Directory: Circuits
Folder: Mixed Circuits
Time: 28:55 min.
Mat'l's Needed: Ladders, SandBells, Balls, T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This circuit develops cardiovascular fitness, rhythm, coordination, foot speed, and movement patterns utilizing training tools.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. The space will be divided into 4 stations numbered 1-4. Diagram indicating how the classroom is set-up will appear on screen.



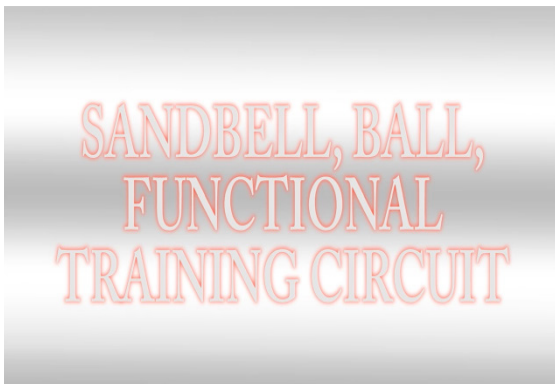
20 On Track to Fitness 2

Directory: Circuits
Folder: Mixed Circuits
Time: 24:19 min.
Mat'l's Needed: Balls, Bands, Ladders
Grades: 6 - 12
Standards: 1, 2, 3

Pat, Herschel and Gina teach and perform exercises to develop core strength and cardiovascular fitness.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. The space will be divided into 4 even stations numbered 1-4. Station 1 will be ladder drills, Station 2 will use the ballast balls, Station 3 will be ladder drills and Station 4 will use stretch bands.



20 SandBell, Ball, Functional Training

Directory: Circuits
Folder: Mixed Circuits
Time: 24:36 min.
Matl's Needed: SandBells, Balls
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This circuit develops cardiovascular fitness, rhythm, coordination, foot speed, and movement patterns utilizing SandBells and Balls.



20 SandBell, T-Bow, Ladder 1

Directory: Circuits
Folder: Mixed Circuits
Time: 24:28 min.
Matl's Needed: SandBells, T-Bows, Ladders
Grades: 6 - 12
Standards: 1, 2, 3, 4

This circuit develops cardiovascular fitness, rhythm, coordination, balance, foot speed, and movement patterns while using SandBells, T-Bows and Ladders.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. The space will be divided into 4 stations numbered 1-4. Diagram indicating how the classroom is set-up will appear on screen.



20 SandBell, T-Bow, Ladder 2

Directory: Circuits
Folder: Mixed Circuits
Time: 24:00 min.
Mat'l's Needed: SandBells, T-Bows, Ladders
Grades: 6 - 12
Standards: 1, 2, 3, 4

This circuit develops cardiovascular fitness, rhythm, coordination, balance, foot speed, and movement patterns while using SandBells, T-Bows and Ladders.



20 SandBell, T-Bow, Ladder 3

Directory: Circuits
Folder: Mixed Circuits
Time: 24:44 min.
Mat'l's Needed: SandBells, T-Bows, Ladders
Grades: 6 - 12
Standards: 1, 2, 3, 4

This circuit develops cardiovascular fitness, rhythm, coordination, balance, foot speed, and movement patterns while using SandBells, T-Bows and Ladders.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. The space will be divided into 4 stations numbered 1-4. Class will need SandBells, T-Bows and Ladders. Diagram indicating how the classroom is set-up will appear on screen.

Fitness Skills



HOPSSPORTS®



24 Hour Fitness In The Gym

24 Hour Fitness Gym

Directory: Fitness Skills
Folder: Aerobics - 24 Hour Fitness
Time: 10:29 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Kickboxing and low-impact cardio in a private studio.

24 Hour Fitness Intros

24 Hour Fitness Intros

Directory: Fitness Skills
Folder: Aerobics - 24 Hour Fitness
Time: 02:06 min.
Mat's Needed: None
Grades: 3 - 12
Standards: NA

Meet the 24 Hour Fitness trainers who will be leading you through the 24 Hour Fitness workouts.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions.



Cardio Boxing

Directory: Fitness Skills
Folder: Aerobics - HOPSports Cardio
Time: 07:06 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This cardio routine will get your blood pumping and improve coordination. Lunges, punches, high knees, kicks and other moves will help increase your fitness.



HOPS Cardio 1

Directory: Fitness Skills
Folder: Aerobics - HOPSports Cardio
Time: 10:46 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This kickboxing class features punches, kicks, leg raises, squats, lunges and upper body movements to raise the intensity level.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions.





ASTEROIDS

Cardio Asteroids

Directory: Fitness Skills
Folder: Aerobics - HOPSports Cardio
Time: 10:18 min.
Mat'l's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Reminiscent of 8-bit video games, this cardio kickboxing exercise pits you against asteroids to vanquish with a series of punches and kicking motions.

CARDIO BALANCE DOJO

Cardio Balance Dojo

Directory: Fitness Skills
Folder: Aerobics - HOPSports Cardio
Time: 09:17 min.
Mat'l's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Great for large groups with limited space, this low impact kickboxing exercise gets the blood pumping before changing gears to work on balance with leg raises.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions.



CARDIO DOJO

Cardio Dojo

Directory: Fitness Skills
Folder: Aerobics - HOPSports Cardio
Time: 10:06 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This kickboxing class takes it up a level or two from the balance dojo and includes various kicks, punches, jumps and a fast pace.



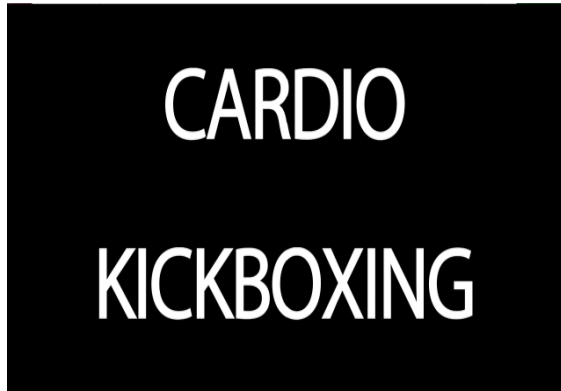
Holojen Aerobics

Directory: Fitness Skills
Folder: Aerobics - HOPSports Cardio
Time: 09:55 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Beginner level cardio routine.

Class Set-up

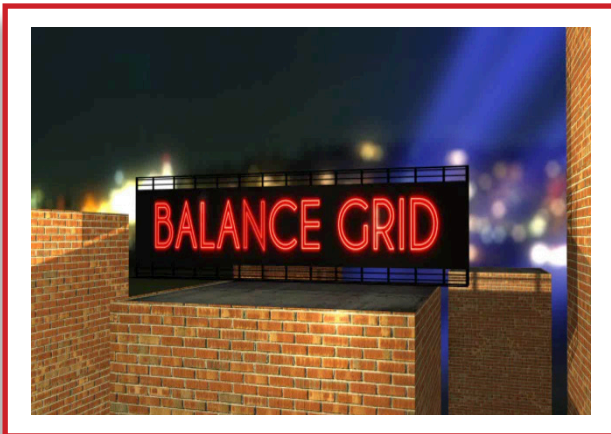
Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions.



Cardio Kickboxing

Directory: Fitness Skills
Folder: Aerobics - HOPSports Cardio
Time: 10:33 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Various step patterns, jumping, jacks, lunges, punches, kicks and high energy will put a smile on your face and get



Sergio Balance Grid

Directory: Fitness Skills
Folder: Functional Fitness
Time: 05:50 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4

Developing balance to enhance coordination, strengthen stabilizer muscles, prevent injuries, help movement patterns become more efficient, and get a core workout.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions.



Sergio Balance Grid

Directory: Fitness Skills
Folder: Functional Fitness
Time: 05:50 min.
Mat'l's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4

Acclaimed instructor Sergio Rojas teaches a variety of balance exercises in this routine.



Sergio Core Grid

Directory: Fitness Skills
Folder: Functional Fitness
Time: 03:30 min.
Mat'l's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4

Developing the core muscles helps us with all body movements.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Sergio Fun With Fitness

Directory: Fitness Skills
Folder: Functional Fitness
Time: 05:19 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4

Develop balance, coordination, aerobic capacity, and core strength while increasing range of motion.



Sergio Grid Warm Up

Directory: Fitness Skills
Folder: Functional Fitness
Time: 06:45 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4

Jogging in place, torso twists, hop-n-twists, wood chops, torso twists with arm extensions, elbows to knees, plank,

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Sergio Lunge Grid

Directory: Fitness Skills
Folder: Functional Fitness
Time: 04:34 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4

Acclaimed instructor Sergio Rojas teaches a variety of lunge exercises in this routine.



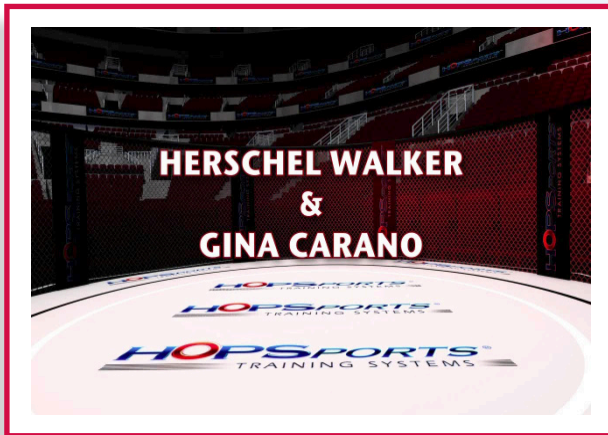
Sergio Speed Grid

Directory: Fitness Skills
Folder: Functional Fitness
Time: 05:03 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4

Tire drills with high knees, sagittal plane quick steps, lateral shuffles, speed cadence drills, mountain climbers.

Class Set-up

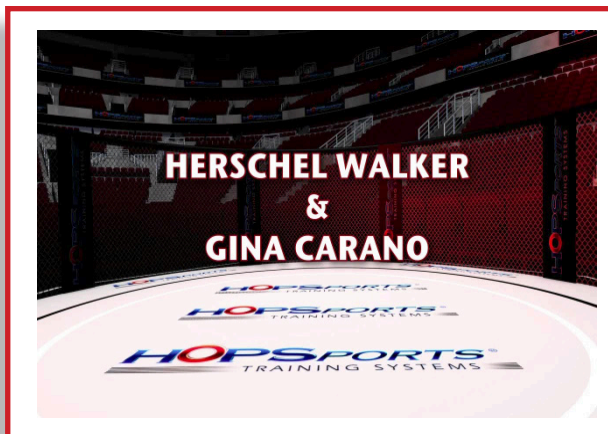
Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Herschel & Gina Warm Up 1

Directory: Fitness Skills
Folder: Martial Arts
Time: 05:48 min.
Matl's Needed: Stretch Bands, Balls
Grades: 3 - 12
Standards: 1, 2, 3, 5, 6

Herschel and Gina demonstrate exercises to develop core strength and cardiovascular fitness while teaching basic striking techniques.



Herschel & Gina Warm Up 2

Directory: Fitness Skills
Folder: Martial Arts
Time: 05:12 min.
Matl's Needed: Stretch Bands, Balls
Grades: 3 - 12
Standards: 1, 2, 3, 5, 6

Herschel and Gina demonstrate exercises to develop core strength and cardiovascular fitness while teaching basic striking techniques.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions.

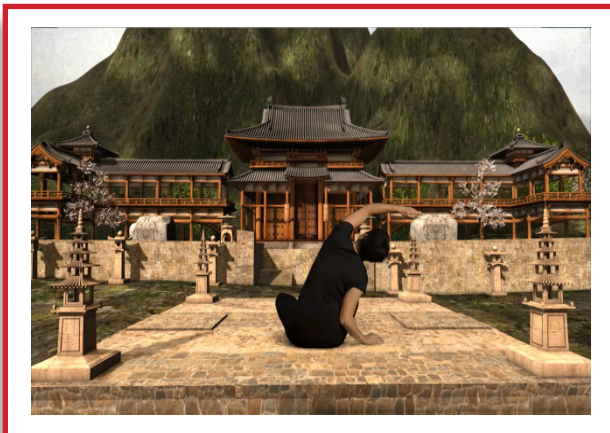




Martial Arts Michael Li

Directory: Fitness Skills
Folder: Martial Arts
Time: 07:50 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Chops, Blocks and other martial arts movements with virtual trainer, Michael Li.



Pilates

Directory: Fitness Skills
Folder: Pilates
Time: 07:17 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Increase flexibility and core strength in a 7 minute Pilates routine on the ground. Mats are helpful but not necessary.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions.



YogaWorks Balance 1

Directory: Fitness Skills- Yoga
Folder: Routines
Time: 14:02 min.
Matl's Needed: Mats (optional)
Grades: 6 - 12
Standards: 1, 3, 4, 5, 6

Work on your balance with a series of standing poses: Mountain Pose, Tree Pose, Eagle Pose, Dancer Pose, Crow Pose and finish with Easy Pose for a nice stretch.



YogaWorks Balance 2

Directory: Fitness Skills- Yoga
Folder: Routines
Time: 16:23 min.
Matl's Needed: Mats (optional)
Grades: 6 - 12
Standards: 1, 3, 4, 5, 6

Work on your balance with a series of standing poses: Mountain Pose, Tree Pose, Eagle Pose, Dancer Pose, Crow Pose and finish with Easy Pose for a nice stretch.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPS mats are optional.



YogaWorks Dandasana

Directory: Fitness Skills- Yoga

Folder: Routines

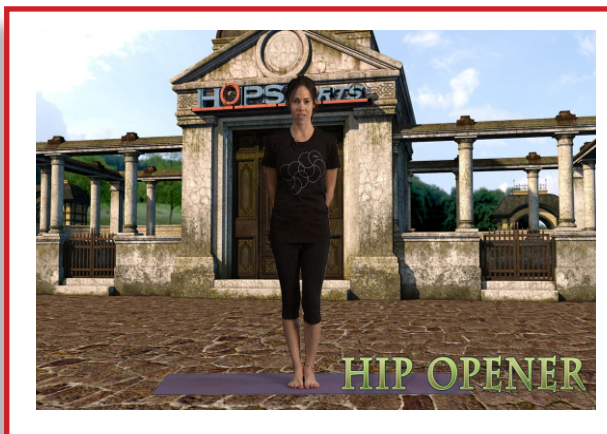
Time: 11:57 min.

Mat's Needed: Mats (optional)

Grades: 6 - 12

Standards: 1, 3, 4, 5, 6

Start off in Child's Pose, work your way into Downward Facing Dog, stretch your back and hamstrings with a forward fold, halfway lift and back into Downward Facing.



YogaWorks Hip Openers

Directory: Fitness Skills- Yoga

Folder: Routines

Time: 15:00 min.

Mat's Needed: Mats (optional)

Grades: 6 - 12

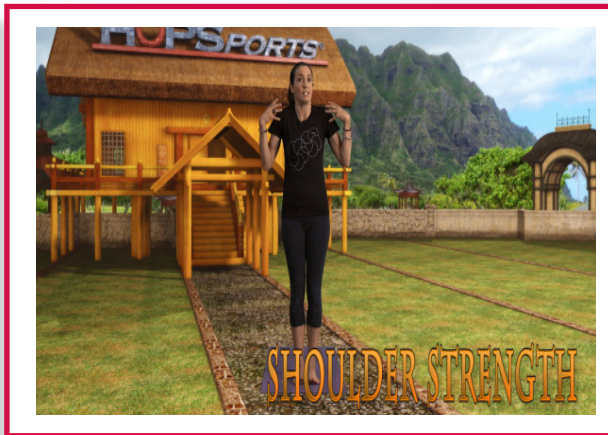
Standards: 1, 3, 4, 5, 6

Stretch your hips and back with a series of Warrior II Poses, Forward Folds and Extended Triangle Poses before going to the ground with Sukhasana or Easy Pose and Thread the Needle, Happy Baby Pose, and Supta Baddha Konasana.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPS mats are optional.

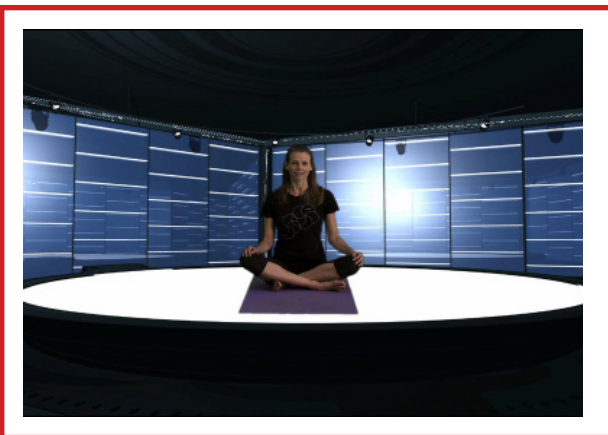




YogaWorks Shoulder Strength

Directory: Fitness Skills- Yoga
Folder: Routines
Time: 12:52 min.
Mat's Needed: Mats (optional)
Grades: 6 - 12
Standards: 1, 3, 4, 5, 6

In this series of Yoga postures you'll focus on strengthening and stretching your shoulders with Eagle Pose Arms, Tadasana, Plank Pose, Downward Facing Dog, Baby Chaturanga, Push Ups, Forward Folds with Arm Extensions.



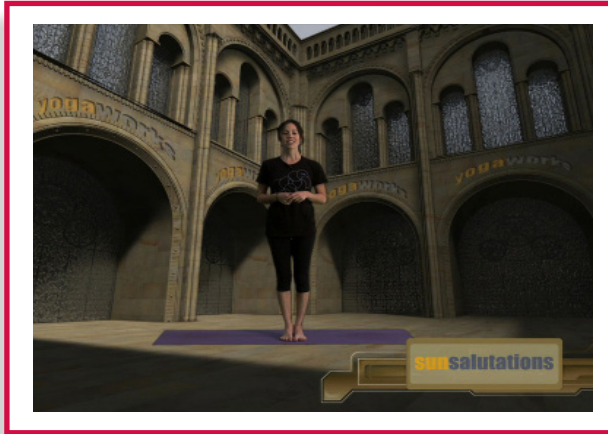
YogaWorks Strength

Directory: Fitness Skills- Yoga
Folder: Routines
Time: 17:41 min.
Mat's Needed: Mats (optional)
Grades: 6 - 12
Standards: 1, 3, 4, 5, 6

Start in Child's Pose and flow into Downward Facing Dog, Forward Folds and Garland Pose before finding your way into Baby Cobra and various Locust Poses for strengthening and stretching the back. Back Bridge will focus on back and hamstring strength, and supine trunk twists help stretch your back and hips while strengthening your abs.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPS mats are optional.



YogaWorks Sun Salutations

Directory: Fitness Skills- Yoga
Folder: Routines
Time: 09:11 min.
Matl's Needed: Mats (optional)
Grades: 3 - 12
Standards: 1, 3, 4, 5, 6

Surya Namaskar A, sometimes referred to as a “Vinyasa” or “Sun Salutation A”, is a series of asanas, or poses, linked with breath and often performed 5 times.



YogaWorks- Practice Poses

Directory: Fitness Skills- Yoga
Folder: Practice Poses
Time: 04:00-07:30
Matl's Needed: Mats (optional)
Grades: 3 - 12
Standards: 1, 3, 4, 5, 6

YogaWorks routines broken down into individual poses to practice.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPS mats are optional.



Fun Fitness



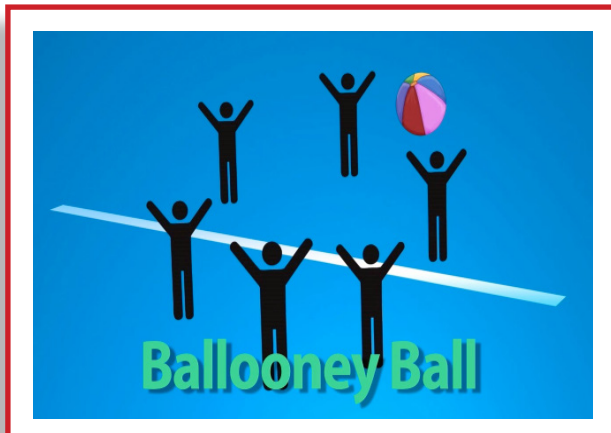
HOPSSPORTS®



Balloon Relay

Directory: Fun Fitness
Folder: Classroom Activities
Time: 01:26 min.
Mat'l's Needed: Balloons
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Students are in teams of four lined up on one side of the classroom. One balloon needed for each team.



Ballooney Ball

Directory: Fun Fitness
Folder: Classroom Activities
Time: 01:05 min.
Mat'l's Needed: Beach Ball/Balloon
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Use a beach ball or balloon. Divide students into two groups, either seated or standing. Bat the balloon back and forth across the imaginary line dividing teams.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Beach Ball

Directory: Fun Fitness
Folder: Classroom Activities
Time: 01:07 min.
Mat's Needed: Beach Ball/Balloons
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Students are divided into groups of five or six. Each group stands in circle formation and has a balloon.



Circle Tag

Directory: Fun Fitness
Folder: Classroom Activities
Time: 00:52 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Games you can play in a classroom.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Isometric Exercises

Directory: Fun Fitness
Folder: Classroom Activities
Time: 02:09 min.
Mat's Needed: Chairs
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Students are divided into groups of five or six. Each group stands in circle formation and has a balloon.



Jumping Rock, Paper, Scissors

Directory: Fun Fitness
Folder: Classroom Activities
Time: 01:25 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Breathe some new life into this classic by jumping and using your body to form your selection.

Class Set-up

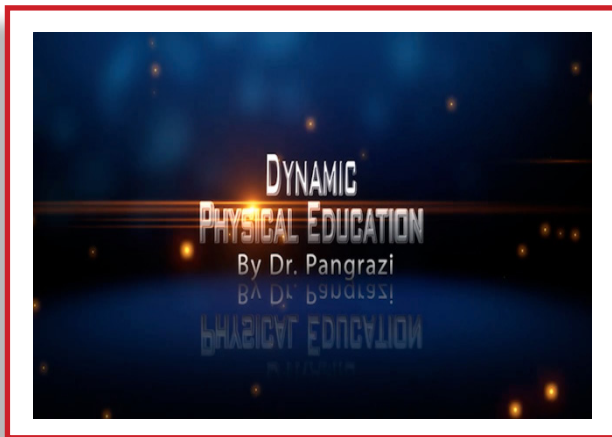
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Steal the Treasure

Directory: Fun Fitness
Folder: Classroom Activities
Time: 01:22 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

To the victors go the spoils.



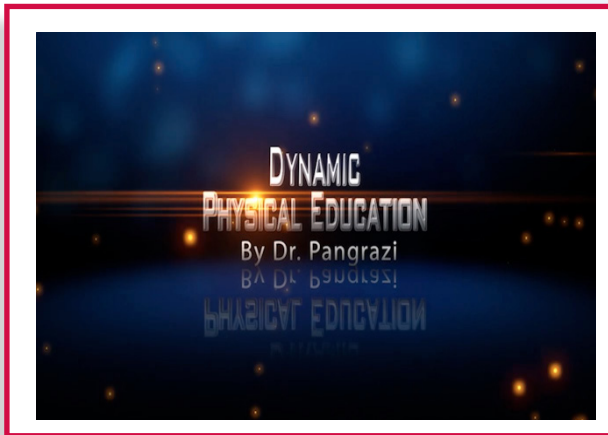
Animal Walks and Expressions

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 04:28 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Take a walk on the wild side and express your creativity by mimicking animal movements in this dynamic exercise.

Class Set-up

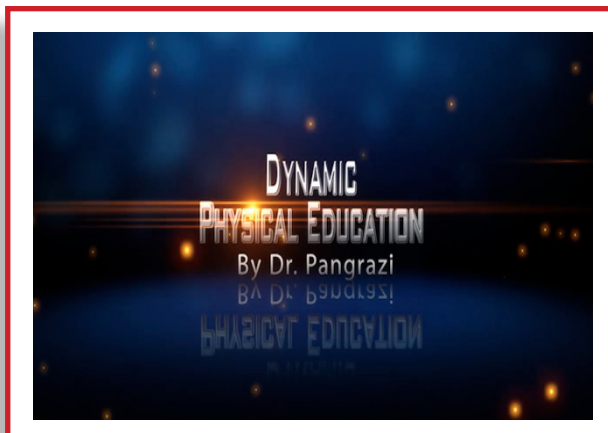
Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions.



Animal Walks

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:20 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Elephant Walks, Bear Walk, Crab Walk and sit ups.



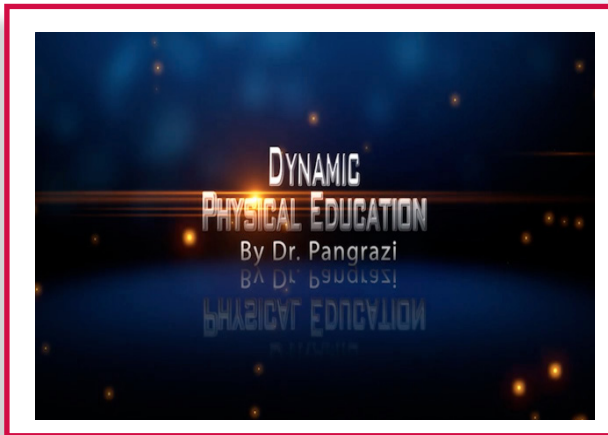
Bend, Lift and Sway

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 02:43 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Bend and Twist, sway back and forth, leg raises from a bridge position.

Class Set-up

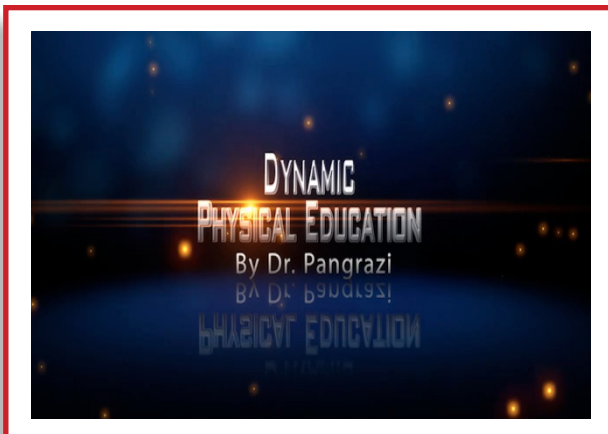
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Bend, Stretch and Pretend

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:34 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Increase your flexibility in this low impact exercise.



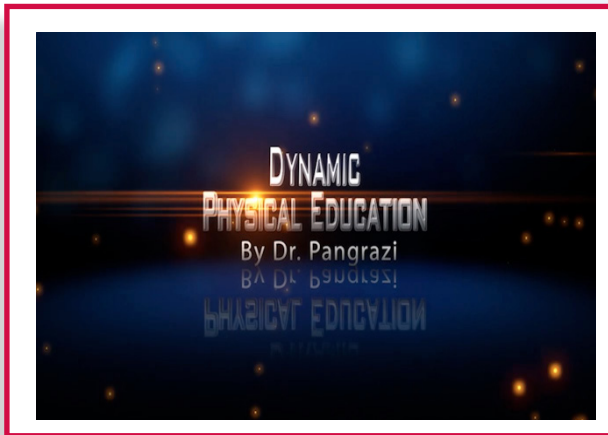
Flexibility and Following

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:37 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Bend and Twist, side leg raises, Windmills and arm movements.

Class Set-up

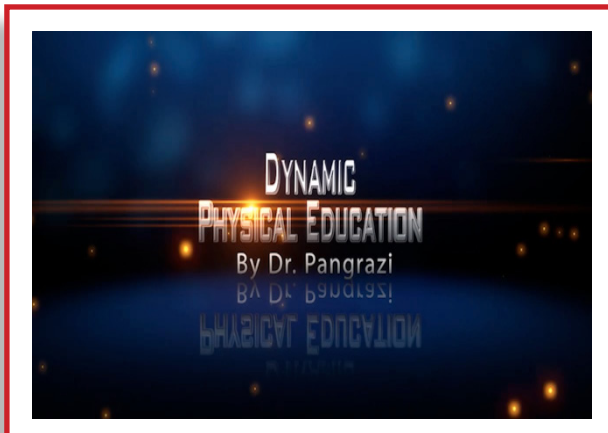
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Gliding and Frog Jumps

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:33 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Bend and Twist, Gliding, Walk at different speeds, Frog Jump, jump like a pogo stick.



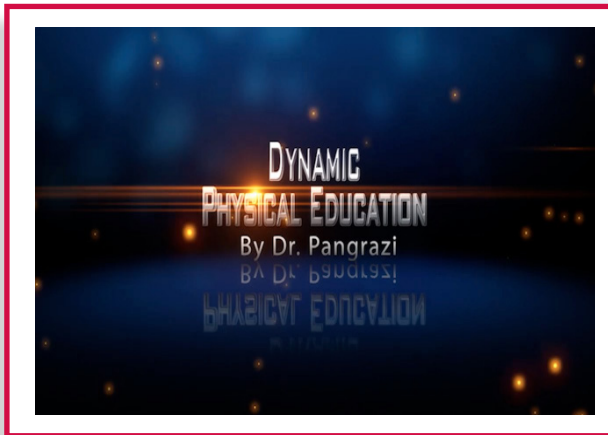
Jump, Twist and Grind Coffee

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:20 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Jumps, upper body movements and impersonate a coffee grinder.

Class Set-up

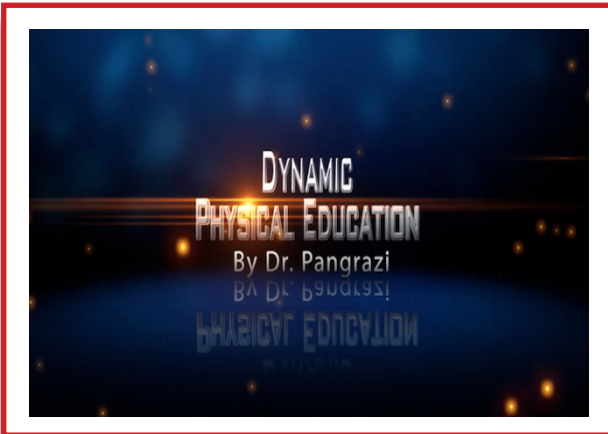
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Jumps and Leg Circles

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:21 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Jump and land quietly, jumps landing with feet apart, jumping jack variations and leg circles.



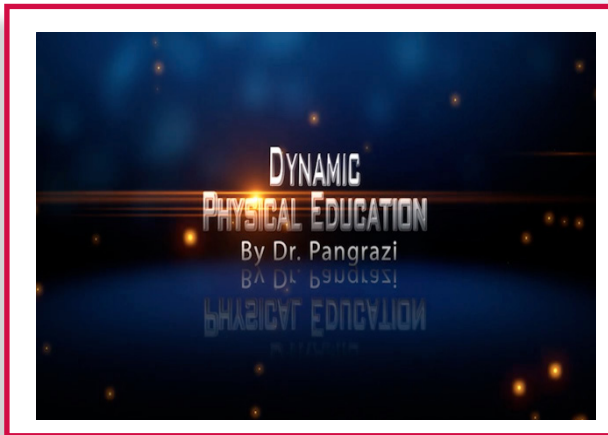
Kicks and Thrusts

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:28 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Single leg crab kick, sit and stretch, seated swim kicks, burpies.

Class Set-up

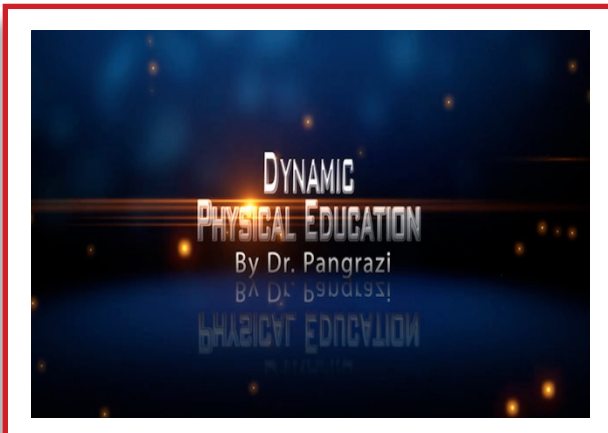
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Measuring Worm and Balance

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:12 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Inchworm Walk, single leg balancing, walk in different directions, leg reaches.



Partner Activities

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:28 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Partner walk, wring the dish-rag, partner single-leg hopping, palm pushes.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.

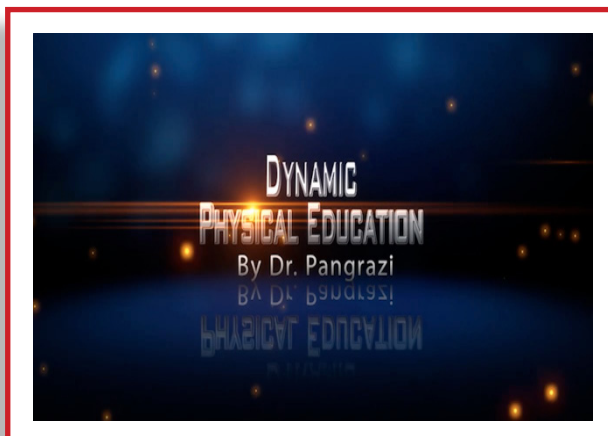


Partner Challenges

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:20 min.

Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Partner pull ups, partner hopping, back to back get ups, knee tag.



Peanut Butter and Ice Walking

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 02:54 min.

Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Walk through peanut butter and ice, clap while walking, duck under trees while walking, walk in varying patterns.

Class Set-up

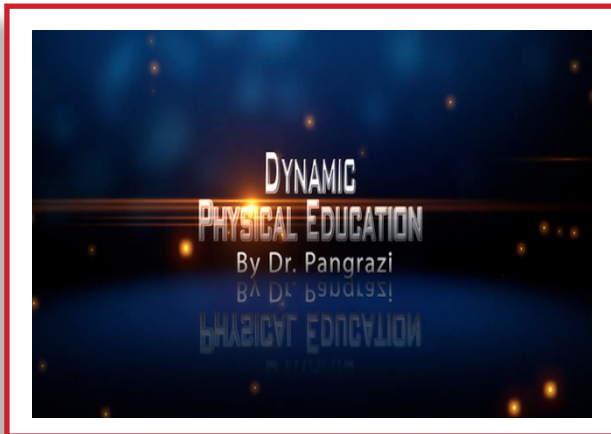
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Pogo Sticks and Pull Ups

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:44 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Pogo Stick Jumping, dips on a chair, chair knee pull ups, quickly change direction, touch knees while walking.



Power Jumps and Rhythmic Clapping

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:16 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Jumps, Lunges, Puppy Dog Walk, hand clapping.

Class Set-up

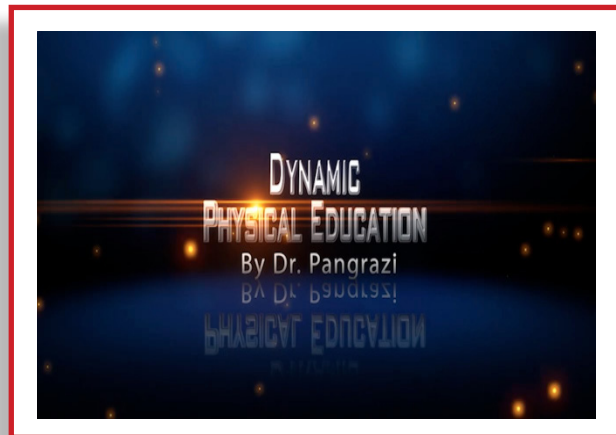
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Rubber Band Movements

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 02:58 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Jump and Clap, stretch slowly and return quickly, mountain climbers, double leg Crab Kicks.



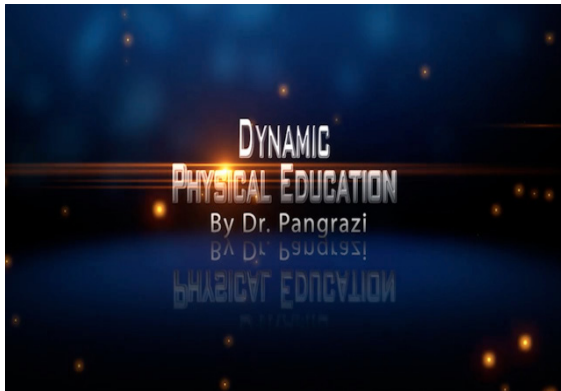
Seat Circles, Sore Ankles and Spaceships

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:50 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Get carried away after you jump different directions, kick while on hands, seat circles, walking with a stiff knee and sore ankle, standing hip bend.

Class Set-up

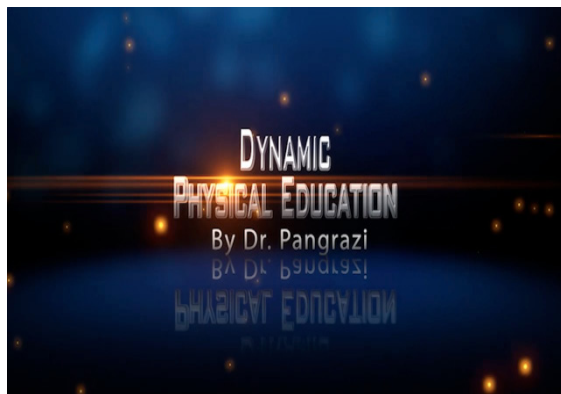
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Strong Arms

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 02:47 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Walk your feet to your hands, push up variations, knee lifts.



Tortoise, Hare and Bear Hugs

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:24 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Running in place at different speeds, arm circle variations, jumping jack variations, lunges with bear hugs around the lead leg.

Class Set-up

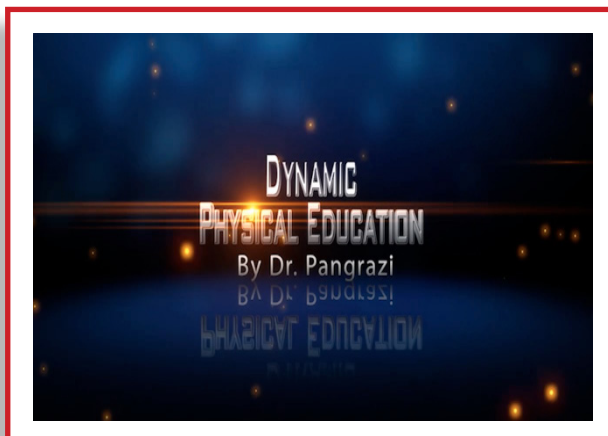
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Walk Stretch and Jump

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:34 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Walk with a stiff knee and sore ankle, standing hip bend, seated stretch, jump at different speeds and heights.



Walking with Emotion

Directory: Fun Fitness
Folder: Dynamic Physical Education
Time: 03:27 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Emote walking while happy, angry and sad, try different arm movements while walking, walk like a giant and a robot, reaches.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Animal Moves 1

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:37 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Crab Walk, Frog Jumps, Elephant Walks, Kangaroo Jumps in Bob Pangrazi's Dynamic PE.



Animal Moves 2

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:35 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Worm Walk, Turtle Walk, Tortoise and Hare, Toe Tug Walks in Bob Pangrazi's Dynamic PE.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Construction

Directory: Fun Fitness
Folder: HOPS Activities
Time: 05:10 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Bailing Hay, Shoveling, Sledgehammers, Sawing,
Woodchoppers, Squats and Extensions,



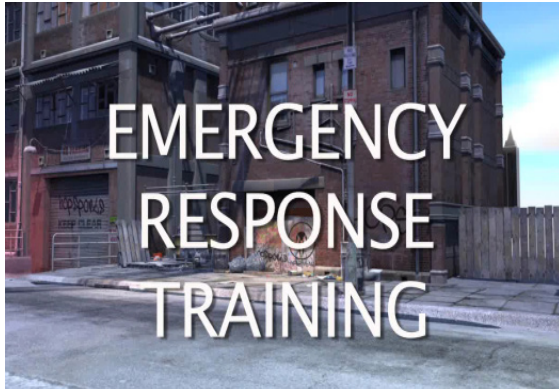
D-A-S-H Coaster

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:23 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Practice your balance while running the tracks of D-A-S-H
Coaster.

Class Set-up

Students should be spread out throughout the classroom, providing ample room
(minimum of 25 square feet of space) for movement in all directions.



Emergency Response Training

Directory: Fun Fitness
Folder: HOPS Activities
Time: 05:53 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Be prepared to save the day like a firefighter. Aim the hose, climb the ladder, chop through an obstacle, lunge and spray, balancing beam walk, shoveling, running in place.



Extreme Racing

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:09 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

0-Fun in 129 seconds.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





Extreme Space Wall

Directory: Fun Fitness
Folder: HOPS Activities
Time: 03:34 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Star HOPS, Star Reaches, Lunge Progression, Balance with Leg Extensions, Single Leg Tuck Jumps.



Galactic Battle Intro

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:41min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Help XJ-5 battle through an asteroid field with jabs, crosses and uppercuts.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





HOPS Electric City

Directory: Fun Fitness
Folder: HOPS Activities
Time: 03:15min.
Mat'l's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Head, shoulders, knees and toes, running man, knees to opposite elbows, star jumps, jumping in circles and jumps help bring a funky dancing robot to life.



HOPS Labs Tour

Directory: Fun Fitness
Folder: HOPS Activities
Time: 03:19 min.
Mat'l's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Arm circles, star jumps, jumping jacks, high knees, front kicks, jump twists, jog in place on a tour of the zany HOPS Lab.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



HOPS Peanut Factory

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:52min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Help make peanut butter by running in place, skipping, bent over flies, side-arm thrusts, heel kicks.



Indoor Soccer

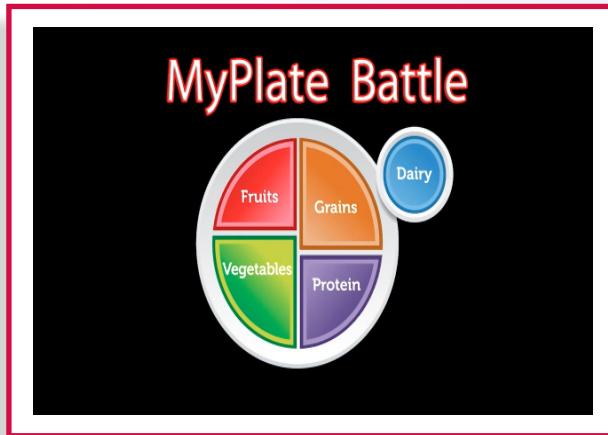
Directory: Fun Fitness
Folder: HOPS Activities
Time: 03:37min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Slide Tackles, Ball Taps, Headers, Trap and Pass, Chest Trap and Shoot, Juggling.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





MyPlate Battle

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:59 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Virtual Martial Artist Michael Li puts together a healthy plate by separating the food groups using jabs, crosses, hooks and uppercuts.



MyPlate Combo 1

Directory: Fun Fitness
Folder: HOPS Activities
Time: 04:39min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Combination video highlighting martial arts, swordfighting, and volleyball while featuring MyPlate healthy food options.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



On Track to Fitness-Mine Cart

Directory: Fun Fitness
Folder: HOPS Activities
Time: 03:15 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

You're navigating a cavernous mine shaft utilizing mountain climbers, jumps and leans to avoid objects and collect rings.



Pirates In Space

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:23 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Defensive sword fighting moves.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





Protein Derby

Directory: Fun Fitness
Folder: HOPS Activities
Time: 03:37 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Practice your baseball/softball swing while learning about sources of protein.



Ruff 'n Tumble

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:54 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

In a western setting: pogo stick jumping, twist body parts, jump at different speeds and heights, slap knees while walking as part of Bob Pangrazi's Dynamic PE.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Shadow Chaser 1

Shadow Chaser 1

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:14 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Chase your shadow on the wall with different arm movements as you walk, walk with stiff knees and sore ankles, duck under trees while walking, standing hip bends and jump quietly in Bob Pangrazi's Dynamic PE.

Shadow Chaser 2

Shadow Chaser 2

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:17 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Chase your shadow on the wall while swaying back and forth, bear hugs, windmills, balance on one leg, and leg circles in Bob Pangrazi's Dynamic PE.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Step To It

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:54 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

You're on the main stage and get to perform rhythmically on a drum set: Kick Drums, Jumping Jacks, Jack Crossovers, High Knee Kickouts, High Knee March, Running Man, and Deep Lunge Leg Switches.



Superhero- Dragonslayer

Directory: Fun Fitness
Folder: HOPS Activities
Time: 03:18 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Protect your mountaintop castle from a pesky dragon using your HOPStick as a sword in this fun exercise!

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Superhero- Spiderman

Directory: Fun Fitness
Folder: HOPS Activities
Time: 06:26 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Emulate the eponymous web-slinger in this exercise to practice body control and balance.



Walk with Expression

Directory: Fun Fitness
Folder: HOPS Activities
Time: 02:09 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Walk through peanut butter and ice, walk like a giant and a robot, clap hands while walking.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



YogaWorks Tree Pose

Directory: Fun Fitness
Folder: HOPS Activities
Time: 04:19 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Practice your tree pose while floating through the clouds.



Lazy Town Animal Moves

Directory: Fun Fitness
Folder: Lazy Town
Time: 14:33 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Warm up with Sportacus in a series of basic aerobic movements set to a catchy rhythmic beat. Sportacus mimics animals moves: walking like a spider, the crocodile crawl, frog jumps, kangaroo jumps, and gallop like a horse.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Lazy Town Break 01

Directory: Fun Fitness
Folder: Lazy Town
Time: 04:51 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Join Spartacus in a fun 5 minute workout including running in place, basic movement combinations like running man and hops, plank alternating leg and arm lifts, culminating in



Lazy Town Break 02

Directory: Fun Fitness
Folder: Lazy Town
Time: 04:41 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Spartacus leads you through a series of dynamic warm ups like running, skipping, squats with trunk rotations before Stephanie takes you aboard a Pirate Ship to swashbuckle and hoist sails before looking for treasure. Keeping with the theme, Sportacus shows you some defensive martial arts

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Lazy Town Break 03

Directory: Fun Fitness
Folder: Lazy Town
Time: 04:28 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Jump rope with Sportacus to improve coordination and get your heart rate up with some jumps and exaggerated jumping jacks. Stephanie takes you to the soccer field and leads you through some jumps and rhythmic clapping. Sportacus continues with more soccer-related moves focused on coordination and dynamic stretches and wall-sits.



Lazy Town Break 04

Directory: Fun Fitness
Folder: Lazy Town
Time: 04:36 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Warm up with Sportacus using some basketball movements like dribbling and jump shots. Continue on and work on balance and coordination while tightrope walking. Stephanie takes you through some fun dance moves reminiscent of cheerleading. Sportacus will get you moving with a series of hip turns and jumps before taking to the sky with some single-leg airplane balances.



Lazy Town Break 05

Directory: Fun Fitness
Folder: Lazy Town
Time: 04:41 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Jump rope with Sportacus to improve coordination and get your heart rate up with more advanced movement patterns and moving into single leg balances that cross the midline. Stephanie teaches you another fun dance routine with leg sweeps. Continue on with Sportacus doing running man, and ski jumps, simulated skateboarding and single leg balances with leg lifts and extensions.



Lazy Town Jumping

Directory: Fun Fitness
Folder: Lazy Town
Time: 12:51 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

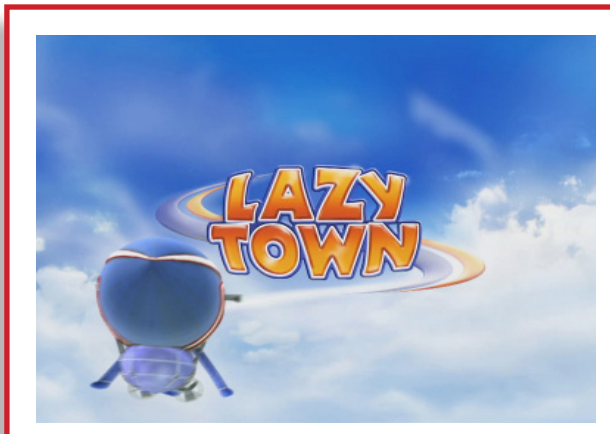
Warm ups include walking on the spot, bending your knees, pretending you are swimming and star jumps. Follow Sportacus as he jumps to upbeat music: Jump forward, backward, side to side, high up in the air, knees up, and touch the toes.



Lazy Town Skiing

Directory: Fun Fitness
Folder: Lazy Town
Time: 13:06 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

The citizens of Lazy Town learn the importance of things like eating right and exercising from the ultra-athletic superhero, Sportacus. Work on balance, flexibility, jumps, dancing and squats.



Lazy Town Skipping Rope & Basketball

Directory: Fun Fitness
Folder: Lazy Town
Time: 13:48 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

The citizens of Lazytown learn the importance of things like eating right and exercising from the ultra-athletic superhero, Sportacus, who must stop the evil plots of Robbie Rotten, who hates physical activity, among other things.

Class Set-up

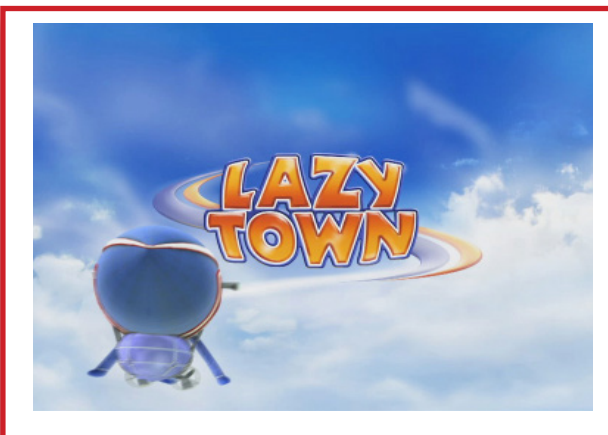
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Lazy Town Skipping Rope & Skiing

Directory: Fun Fitness
Folder: Lazy Town
Time: 12:53 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

No Rope Needed. Follow Sportacus to a jazzy beat while he teaches basic skipping rope and downhill skiing skills.



Lazy Town Two for One

Directory: Fun Fitness
Folder: Lazy Town
Time: 14:08 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Run on the spot, hop side to side, and touch the ground while warming up. Sportacus teaches ballet moves to a waltz tempo. Follow Sportacus doing karate moves. Two for One: Start with one move and add another one.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Mime Facial Expressions 1-5

Directory: Fun Fitness
Folder: Mime Time
Time: 04:30- 06:00 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Learn some basic mime facial expressions.



Mime Workout 1 Full Body Expressions

Directory: Fun Fitness
Folder: Mime Time
Time: 05:18 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Practice miming using your full body.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Mime Workout 2 Dance Expressions

Directory: Fun Fitness
Folder: Mime Time
Time: 03:08 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Dance like a mime.



Mime Workout 3 Classic Mime Expressions

Directory: Fun Fitness
Folder: Mime Time
Time: 03:41 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Unleash your inner expression with these classic mime movements.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Mime Workout 4 Classic Mime Expressions 2

Directory: Fun Fitness
Folder: Mime Time
Time: 05:03 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

Unleash your inner expression with these classic mime movements.



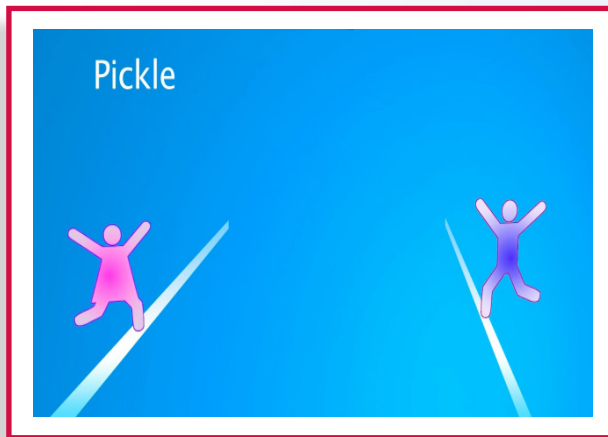
Frisbee Golf

Directory: Fun Fitness
Folder: Playground Activities
Time: 00:54 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Games to play on the playground.

Class Set-up

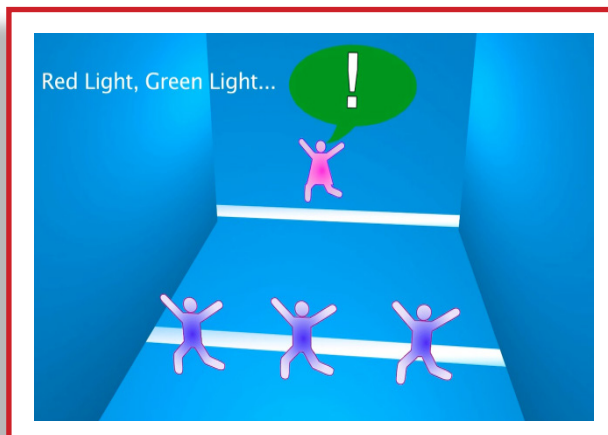
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Pickle

Directory: Fun Fitness
Folder: Playground Activities
Time: 00:40 min.
Mat's Needed: None
Grades: 3- 12
Standards: 1, 2, 3, 4, 5, 6

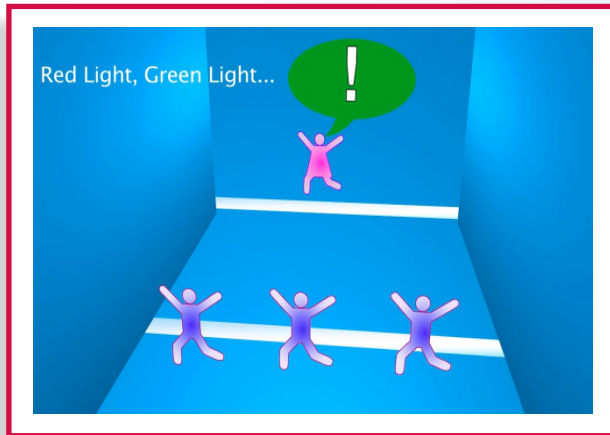
Games to play on the playground.



Red Light, Green Light

Directory: Fun Fitness
Folder: Playground Activities
Time: 00:51 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Games to play on the playground.



Wall Ball

Directory: Fun Fitness
Folder: Playground Activities
Time: 00:51 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Games to play on the playground.



Hollywood Martial Artists

Directory: Fun Fitness
Folder: Stuntmen's
Time: 12:48 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Learn some iconic moves performed by legendary Hollywood martial artists such as Sonny Chiba, Bruce Lee, Chuck Norris, Jackie Chan, Jet Li, and Gene Lebell.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. No additional equipment is needed.



Parkour Rolls & Crawls

Directory: Fun Fitness
Folder: Stuntmen's
Time: 06:15 min.
Mat's Needed: Mats (Optional)
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Practice basic rolls and crawls with Hollywood Stuntmen.



Parkour Vaults & Jumps

Directory: Fun Fitness
Folder: Stuntmen's
Time: 06:33 min.
Mat's Needed: Mats (optional)
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Practice vaulting and jumping with Hollywood Stuntmen.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPS mats are optional.



Parkour Warm Up

Directory: Fun Fitness
Folder: Stuntmen's
Time: 07:58 min.
Mat'l's Needed: Mats (Optional)
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This lesson plan is designed to teach beginners the basic movements of Parkour.



Swordfighting Dragon Battle

Directory: Fun Fitness
Folder: Stuntmen's
Time: 02:50 min.
Mat'l's Needed: HOPSticks (optional)
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Skip straight to the action and thwart, parry, cross and slip your way to victory using HOPSticks as your sword.

Class Set-up

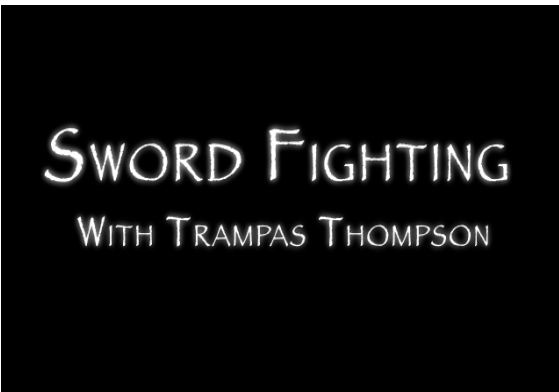
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPSticks are optional.



Swordfighting Pirate 1

Directory: Fun Fitness
Folder: Stuntmen's
Time: 17:02 min.
Matl's Needed: HOPStick (Optional)
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Learn the finer side of swordplay from a top stuntman in Hollywood.



Intro to Swordfighting with Trampas

Directory: Fun Fitness
Folder: Stuntmen's
Time: 10:15 min.
Matl's Needed: HOPSticks (optional)
Grades: 3 - 12
Standards: 1, 2, 3, 6

Learn the On Guard position, Thwart, Cross, Slip, and Blocking defensive positioning and put them all together.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPSticks are optional.

HOPSmart Warm Ups



HOPSPORTS®



Musical Math Warm Up

Directory: HOPSmart
Folder: Academic
Time: 09:51 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

This warm up is designed to teach beginners the fundamentals of basic dynamic warm ups and introduce individuals to the integration of math in music.



Reading Warm Up

Directory: HOPSmart
Folder: Academic
Time: 04:08 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

What's the difference between fiction and non-fiction? What genres of books are there? What's your favorite type to read? Explore these and more aspects of reading and expanding your literary horizons.

Class Set-up

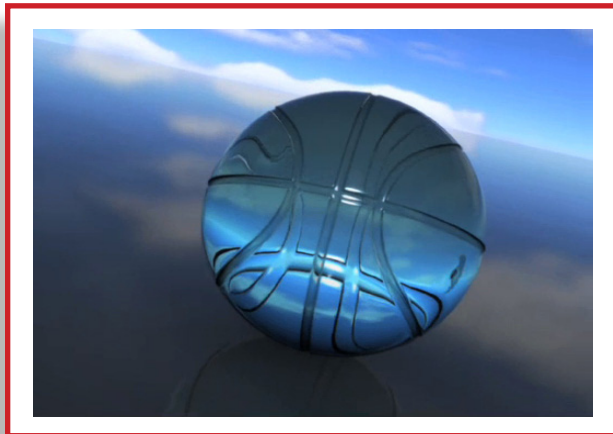
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



ACSM Warm Up 1 & 2

Directory: HOPSmart
Folder: Careers
Time: 05:00-06:00 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

Warm Up with basketball movements while learning about the American College of Sports Medicine.



Surfing 101

Directory: HOPSmart
Folder: Earth Science
Time: 03:58 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

A truly fascinating look at waves and water dynamics such as what creates most waves, what determines a wave's size, tide creation, how many tidal changes occur each day, crests, troughs, shoaling, and wave break depth.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Recycling

Directory: HOPSmart
Folder: Environmental
Time: 05:26 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

What IS recycling? What materials can we recycle and how? When did recycling begin on this planet and is that a trick question? What are plastics made of? Why should we recycle? Learn the answers to these questions and more in this dynamic warm up.



Planet of Water

Directory: HOPSmart
Folder: Environmental
Time: 05:26 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

Watch Planet of Water, a high-production value look at the hydrological cycle. What makes Earth so special in regard to liquid water? How much total and potable water is on our planet? What are the three states we find water in on Earth? Find out the answers to these and more in this warm up.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





Anti-Smoking Warm Up 1

Directory: HOPSmart
Folder: Health
Time: 03:53 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

Featuring a high-production value video titled Cigarette Overlord, warm up while contemplating the dangers of cigarettes.



Anti-Smoking Warm Up 2

Directory: HOPSmart
Folder: Health
Time: 03:02 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

How much does smoking cost in real, relatable and physical terms? How many people die every day because of smoking? How many chemicals are in a cigarette? What is secondhand smoke and what does it cause? Warm up while finding out the answers to these questions and Stay Smoke-free!

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Avoiding the Flu Warm Up

Directory: HOPSmart
Folder: Health
Time: 04:29 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

What is the importance of hygiene? What are germs and how are they spread? How can you prevent the spread of germs and diseases? Why is hydration important for maintaining health?



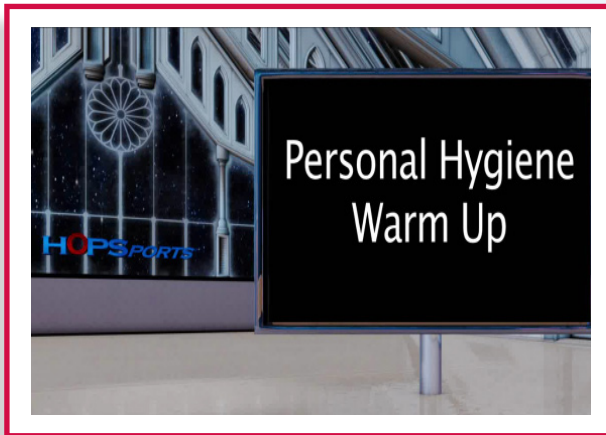
Heart Warm Up

Directory: HOPSmart
Folder: Health
Time: 06:50 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

This educational warm up focuses on the function of the heart.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Personal Hygiene Warm Up

Directory: HOPSmart
Folder: Health
Time: 05:27 min.
Mat'l's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

Learn about hygiene including hand-washing, proper sneeze and cough form, dental care including brushing and flossing, washing your hair, nail care and bathing and body care.



Cost of Smoking & Sugar Grams

Directory: HOPSmart
Folder: Health
Time: 05:31 min.
Mat'l's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

Learn the true cost of smoking and sugar consumption.

Class Set-up

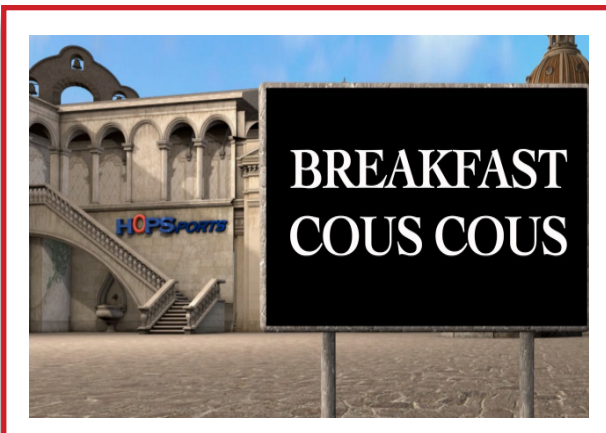
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Mental Health featuring "Bully"

Directory: HOPSmart
Folder: Health
Time: 04:29 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

Warm up with heel kicks, high knees and arm circles featuring the trailer for "Bully".



Breakfast Cous Cous

Directory: HOPSmart
Folder: Nutritional - Dish
Time: 04:21 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

Warm up while watching "Dish with Eileen".

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Juices

Directory: HOPSmart
Folder: Nutritional - Dish
Time: 04:21 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

Warm up while watching "Dish with Eileen".



MyPlate Warm Up

Directory: HOPSmart
Folder: Nutritional - MyPlate
Time: 06:45 min.
Matl's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

Organic D discusses the health benefits of MyPlate. Learn about fruits, vegetables, grains, protein and dairy in this low-impact warm up.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



FUTP Warm Up 1

Directory: HOPSmart
Folder: Nutritional - FUTP
Time: 05:02 min.
Mat'l's Needed: None
Grades: 3- 12
Standards: 1, 4, 5, 6

Fuel Up To Play60 with jumping jacks, jump and twist, scissor crosses, windmill scissors, prone plank, back bridge, Supermans.



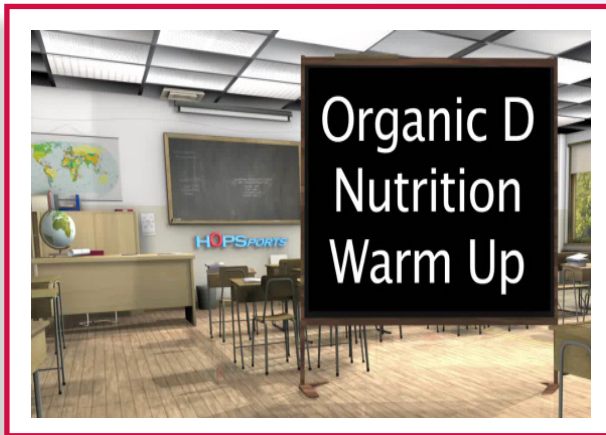
FUTP Warm Up 2

Directory: HOPSmart
Folder: Nutritional - FUTP
Time: 05:20 min.
Mat'l's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

Fuel Up To Play60 with jumping jacks, jump and twist, scissor crosses, windmill scissors, prone plank, back bridge, Supermans.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Organic D Warm Up

Directory: HOPSmart
Folder: Nutritional - Organic D
Time: 5:57 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

Learn about the benefits of eating vegetables, staying hydrated, and eating healthily overall.



OrganWise Guys Warm Up 1

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 05:40 min.
Matl's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up features tips on proper nutrition taught by the OrganWise Guys.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



OrganWise Guys Warm Up 2

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 5:19 min.
Matl's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up features tips on proper nutrition taught by the OrganWise Guys.



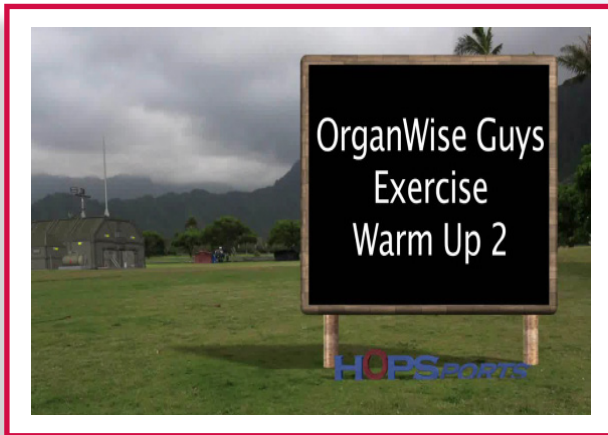
OrganWise Guys Exercise Warm Up 1

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 03:12 min.
Matl's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up teaches the importance of exercise taught by the OrganWise Guys.

Class Set-up

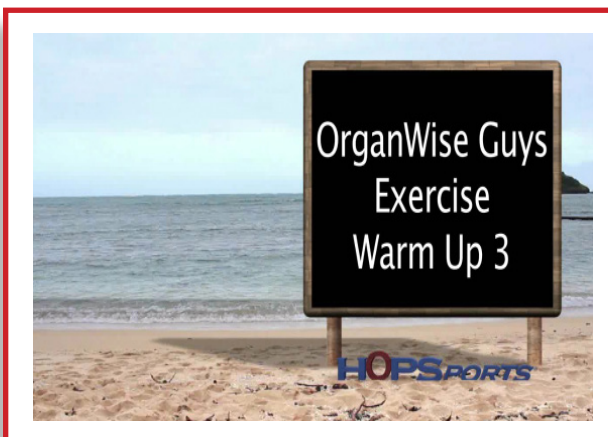
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



OrganWise Guys Exercise Warm Up 2

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 2:47 min.
Mat's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up teaches the importance of exercise taught by the OrganWise Guys.



OrganWise Guys Exercise Warm Up 3

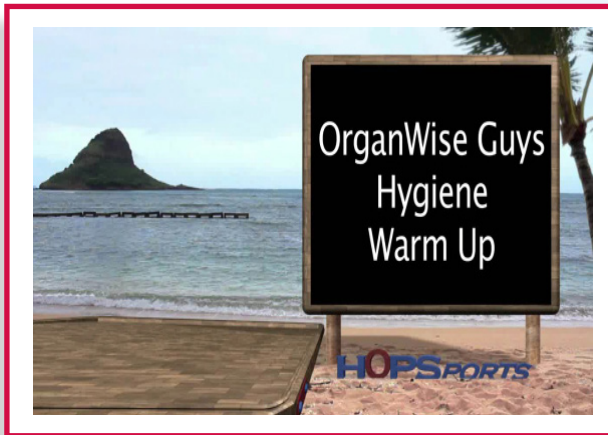
Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 03:12 min.
Mat's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up teaches the importance of exercise taught by the OrganWise Guys.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





OrganWise Guys Hygiene Warm Up 1

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 02:14 min.
Mat'l's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up teaches the importance of hygiene taught by the OrganWise Guys.



OrganWise Guys Motivation Warm Up 1

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 03:43 min.
Mat'l's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up features motivational videos taught by the OrganWise Guys.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.

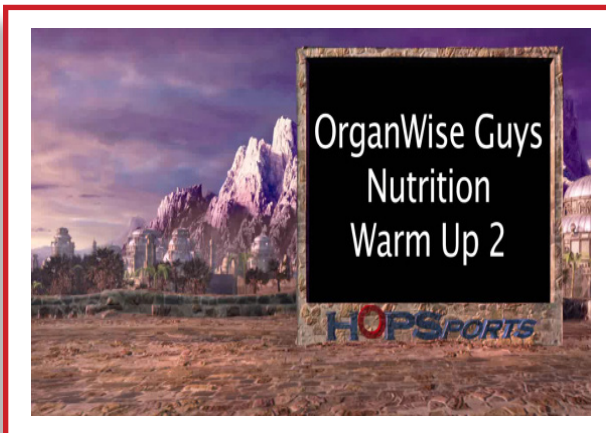




OrganWise Guys Nutrition Warm Up 1

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 03:12 min.
Matl's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up features nutrition tips taught by the OrganWise Guys.



OrganWise Guys Nutrition Warm Up 2

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 02:42 min.
Matl's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up features nutrition tips taught by the OrganWise Guys.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





OrganWise Guys Nutrition Warm Up 3

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 03:15 min.
Matl's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up features nutrition tips taught by the OrganWise Guys.



OrganWise Guys Nutrition Warm Up 4

Directory: HOPSmart
Folder: Nutritional - OrganWise
Time: 03:17 min.
Matl's Needed: None
Grades: K - 12
Standards: 1, 4, 5, 6

This educational warm up features nutrition tips taught by the OrganWise Guys.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





Recycled Instruments

Directory: HOPSmart
Folder: Nutritional - Sugar Grams
Time: 05:31 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

Small arm circles, alternating kicks, toe taps, heel kicks while watching a fascinating video about instruments made from recycled trash.



Volunteering Warm Up

Directory: HOPSmart
Folder: Social Responsibility
Time: 02:55 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 4, 5, 6

How can volunteering help you and the world around you?
Where can you volunteer and with which groups?

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.

International



HOPSports®



International Dance

Directory: International
Folders: Dance
Time: varies
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3

35 International videos of culturally-specific dance moves.



International Fitness

Directory: International
Folder: Fitness
Time: varies
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3

30 International videos of culturally-specific fitness moves.

Sports Skills



HOPSports®



Badminton 101 with Dr. Gong

Directory: Sports Skills
Folder: Badminton - Dr. Gong
Time: 17:37 min.
Matl's Needed: HOPSticks (optional)
Grades: 3 - 12
Standards: 1, 2, 3

Use your HOPSticks to learn how to hold a racket, perform forehand underhand shots, forehand overhead clear shot, forehand net drop, forehand overhead smash shot, backhands and serves.



Badminton Game with Dr. Gong

Directory: Sports Skills
Folder: Badminton - Dr. Gong
Time: 02:55 min.
Matl's Needed: HOPSticks (optional)
Grades: 3 - 12
Standards: 1, 2, 3

Practice some of your new shots against Dr. Gong.

Class Set-up

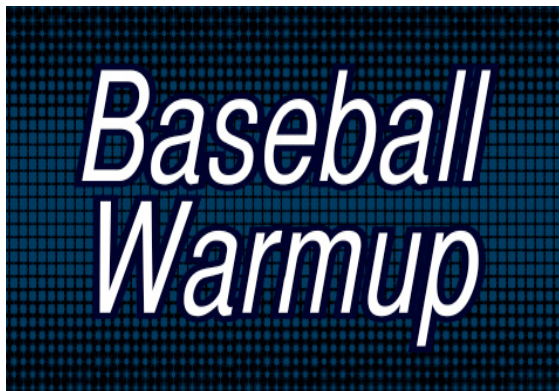
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPSticks are optional.



Badminton Warm Up with Dr. Gong

Directory: Sports Skills
Folder: Badminton - Dr. Gong
Time: 07:50 min.
Matl's Needed: HOPSticks (optional)
Grades: 3 - 12
Standards: 1, 2, 3

This refreshing warm up gives you a taste of China with Dr. Gong's Badminton Warm Up



Baseball Warm Up with Ryan Haag

Directory: Sports Skills
Folder: Baseball - Ryan Haag
Time: 07:30 min.
Matl's Needed: HOPSticks (optional)
Grades: 3 - 12
Standards: 1, 2, 3

This lesson covers basic baseball hitting, fielding and fundamental skills. Warm up with former pro Ryan Haag.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPSticks are optional.



Baseball Drills with Ryan Haag

Directory: Sports Skills
Folder: Badminton - Dr. Gong
Time: 09:40 min.
Matl's Needed: HOPSticks (optional)
Grades: 3 - 12
Standards: 1, 2, 3

Take a swing at this baseball medley with former pro, Ryan Haag. Defensive drills include fielding, backhand fielding, pitching, throw from outfield and picking off a runner. Offensively, practice leading off, stealing a base and your swing.



Basketball Intro with Mike Penberthy

Directory: Sports Skills
Folder: Basketball - Mike Penberthy
Time: 09:18 min.
Matl's Needed: Basketballs (optional)
Grades: 3 - 12
Standards: 1, 2, 3

Learn some basic basketball skills with former Lakers point guard, Mike Penberthy. Ball or no ball, you can practice body positioning, free throw form, defensive shuffling and your pump fake.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPSticks are optional.





Cheertastic 1-3

Directory: Sports Skills
Folder: Cheertastic
Time: 03:00-04:00 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 5, 6

These lessons incorporate basic cheerleading positions in a cheer.



Cheertastic Basic Arm and Leg Positions

Directory: Sports Skills
Folder: Cheertastic
Time: 04:00-11:00 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 5, 6

Incorporate some leg movements into your cheerleading lesson.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Cheertastic Instructional 1 & 2

Directory: Sports Skills
Folder: Cheertastic
Time: 09:06 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 5, 6

This lesson introduces basic cheerleading positions.



Cheertastic Chant 1-3

Directory: Sports Skills
Folder: Cheertastic
Time: 01:00-02:00 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3, 5, 6

These lessons incorporate basic cheerleading positions in a chant.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



USA Cycling Warm Up

Directory: Sports Skills
Folder: Cycling - USA Cycling
Time: 04:57 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3

Ball taps, split squats, bicycles, split squat jumps, standing knees to opposite elbow while watching a comical yet informative cartoon about cycling.



Quick Think Pass

Directory: Sports Skills
Folder: Football
Time: 07:01 min.
Mat's Needed: Footballs (optional)
Grades: 3 - 12
Standards: 1, 2, 3

Answer trivia questions while performing a three step drop. Throw to choose your answer.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





FOOTBALL DRILLS

Football Drills

Directory: Sports Skills
Folder: Football
Time: 08:40 min.
Matl's Needed: Footballs (optional)
Grades: 3 - 12
Standards: 1, 2, 3

Receiver Drills Backpedaling Drill Offensive Lineman
Drill Linebacker Drill Running Back Drill- Left and Right
Quarterback Drop-Back, Throw Right Quarterback Drop-
Back, Throw Left Audible Drop-Back



Quarterback Drills with Matt Moore

Directory: Sports Skills
Folder: Football
Time: 06:54 min.
Matl's Needed: Footballs (optional)
Grades: 3 - 12
Standards: 1, 2, 3

NFL Quarterback, Matt Moore, shows you how to break the huddle, get under center, take a snap, how to hold the ball, and drop back and roll out to avoid pressure in this football drill.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.

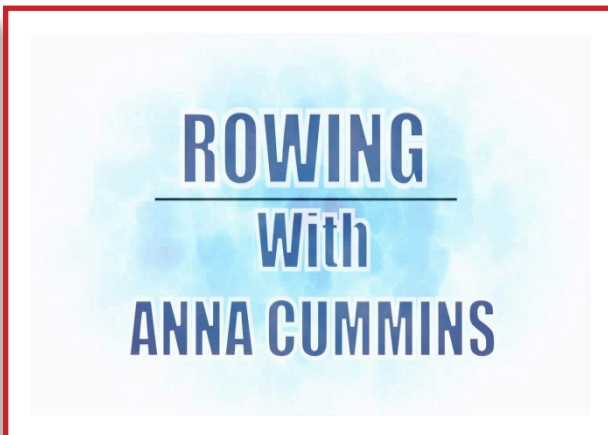




Golf with Jason Gore

Directory: Sports Skills
Folder: Golf - Jason Gore
Time: 06:02min.
Matl's Needed: HOPSticks (Optional)
Grades: 3 - 12
Standards: 1, 2, 3

Use your HOPSticks to practice your grip, stance and swing with PGA Tour professional, Jason Gore.



USRowing 1-4

Directory: Sports Skills
Folder: Rowing - USRowing
Time: 09:00-12:00 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3

Follow along with Olympic Rower Anna Cummins through these 4 rowing-specific workouts designed to keep you moving.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



USRowing Intro

Directory: Sports Skills
Folder: Rowing - USRowing
Time: 08:18 min.
Matl's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3

Learn about Rowing, Sculling, Sweeping, the difference between Stern and Bow, water filtration and test your knowledge with a mini-quiz at the end of this dynamic warm up that includes Upright Rows, Single-Leg Balance Hamstring Stretch, Modified Push Ups, Windmill Hip Stretches, Prone Twists, Splinter Stretch, Row Jumps, Seated Row Catch.



Soccer Circuit with Erin Misaki

Directory: Sports Skills
Folder: Soccer - Erin Misaki
Time: 23:47 min.
Matl's Needed: Soccer Balls (optional)
Grades: 3 - 12
Standards: 1, 2, 3

A circuit designed to practice the basic soccer skills of passing and trapping.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Soccer Intro with Erin Misaki

Directory: Sports Skills
Folder: Soccer - Erin Misaki
Time: 11:18 min.
Matl's Needed: Soccer Balls (optional)
Grades: 3 - 12
Standards: 1, 2, 3

Erin teaches the fundamentals of soccer: passing, trapping, dribbling.



Softball Intro with Meaghan Stotts

Directory: Sports Skills
Folder: Softball
Time: 16:03 min.
Matl's Needed: HOPSticks (optional)
Grades: 3 - 12
Standards: 1, 2, 3

Throwing a softball, fielding a ground ball (backhand and forehand), approach step, drop step, drive step, basics of hitting and leading off.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





Swimming with Byron Davis

Directory: Sports Skills
Folder: Swimming - Byron Davis
Time: 14:44 min.
Mat'l's Needed: Balls, Mats (optional)
Grades: 6 - 12
Standards: 1, 2, 3

Olympic Gold Medal winner, Byron Davis takes you through the basics of swimming by teaching you the freestyle, breaststroke, backstroke and butterfly strokes on a ballast ball.



Volleyball with Dain Blanton

Directory: Sports Skills
Folder: Volleyball - Dain Blanton
Time: 06:44 min.
Mat'l's Needed: Volleyballs (optional)
Grades: 3 - 12
Standards: 1, 2, 3

Gold Medal winner Dain Blanton explains the basics of volleyball footwork, passes, digs and spikes.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.





USA Volleyball

Directory: Sports Skills
Folder: Volleyball - USA Volleyball
Time: 14:53 min.
Mat'l's Needed: Volleyballs (optional)
Grades: 3 - 12
Standards: 1, 2, 3

USA Volleyball teaches the fundamentals of volleyball, including the elements of hand position, the set, pass and spike.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.

Training Tools



HOPSPORTS®



Magic Carpet Ride

Directory: Training Tools
Folder: BeamFit
Time: 09:06 min.
Matl's Needed: BeamFits
Grades: 3 - 12
Standards: 1, 2, 3

This lesson plan is designed to help students develop balance, agility, endurance and strength while using the BeamFit.



Superhero- Catgirl

Directory: Training Tools
Folder: BeamFit
Time: 05:10 min.
Matl's Needed: BeamFits
Grades: 3 - 12
Standards: 1, 2, 3

Can you be as nimble as Catgirl? Improve your balance and flexibility in this low impact exercise.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. Class will need BeamFits.





Superhero- Dragon Slayer

Directory: Training Tools
Folder: BeamFit
Time: 03:33min.
Matl's Needed: BeamFits
Grades: 3 - 12
Standards: 1, 2, 3

Protect your mountaintop castle from a pesky dragon using your HOPStick as a sword in this fun exercise!



Superhero- Hercules

Directory: Training Tools
Folder: BeamFit
Time: 5:38 min.
Matl's Needed: BeamFits
Grades: 3 - 12
Standards: 1, 2, 3

Practice planks and pushups using the Beamfit and T-bow training tools.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. Class will need BeamFits.



Superhero- Karate Kid

Directory: Training Tools
Folder: BeamFit
Time: 05:22 min.
Matl's Needed: BeamFits
Grades: 3 - 12
Standards: 1, 2, 3

Channel your inner Daniel-san in this martial arts-inspired balancing exercise.



Superhero- Spiderman

Directory: Training Tools
Folder: BeamFit
Time: 06:36 min.
Matl's Needed: BeamFits
Grades: 3 - 12
Standards: 1, 2, 3

Emulate the eponymous web-slinger in this exercise to practice body control and balance.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. Class will need BeamFits.

130



HOPStick Pilates

Directory: Training Tools
Folder: HOPStick
Time: 04:26 min.
Matl's Needed: HOPStick
Grades: 3 - 12
Standards: 1, 2, 3

Pilates routine that focuses on balance and utilizes the HOPStick.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. Class will need HOPSticks.



Ball Drills 1-12

Directory: Training Tools
Folder: Ballastv Ball
Time: 05:00-12:00 min.
Matl's Needed: Ballast Ball
Grades: 3 - 12
Standards: 1, 2, 3

A wide variety of exercises done with a ballast ball.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. Class will need Ballast Balls.



10 Ladder 1.1 - 1.3

Directory: Training Tools
Folder: Ladder Circuitsv
Time: 13:28 min.
Mat'l's Needed: HOPS Mat
Grades: 3 - 12
Standards: 1, 2, 3

Forward HOPS, Snake Jumps, In 'n Outs, Scissors, Single-Leg HOPS, Zig Zag HOPS.



10 Ladder 2.1 - 2.3

Directory: Training Tools
Folder: Ladder Circuits
Time: 13:58 min.
Mat'l's Needed: HOPS Mat
Grades: 3 - 12
Standards: 1, 2, 3

Lateral HOPS, 2-1-2 HOPS, Testing the Water, 3-Peater Crossover, In 'n Outs, 3 Up 1 Back HOPS.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. Class will need HOPS Mats broken down into ladders.

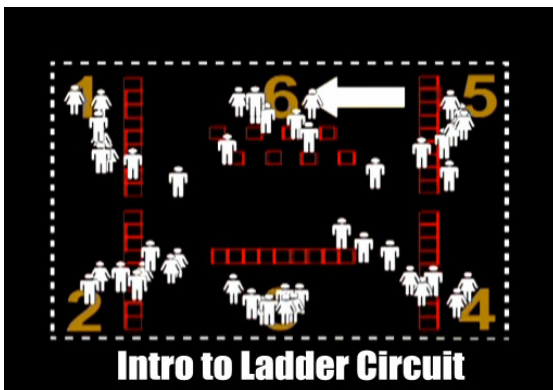


20 Minute Ladder Circuit

20 Ladder 1

Directory: Training Tools
Folder: Ladder Circuitsv
Time: 23:48 min.
Matl's Needed: HOPS Mat
Grades: 3 - 12
Standards: 1, 2, 3

Backpedal, 3-Peater HOPS, Tuck Jumps, Lateral High Knees, 4-Peater Crossover, Carioca, Lateral Leaps, Reverse 3-Peater, Lateral Foot Switches.



Intro to Ladder Circuit

Directory: Training Tools
Folder: Ladder Circuits
Time: 20:09 min.
Matl's Needed: HOPS Mat
Grades: 3 - 12
Standards: 1, 2, 3

Run Through, Single CHOP, Lateral Shuffle, Zig Zag, Jump and Stick, Lily Pads.

Class Set-up

Students should be spread throughout the classroom, providing ample space (minimum of 25 square feet of space) for movement in all directions. Class will need HOPS Mats broken down into ladders.



SandBells 15 Circuit 1

Directory: Training Tools
Folder: SandBells - Circuits
Time: 16:17 min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

15 minute workout using SandBells comprised of the skills you learned in the Instructional section.



SandBells 30 Circuit 1

Directory: Training Tools
Folder: SandBells - Circuits
Time: 27:25 min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

30 minute workout using SandBells comprised of the skills you learned in the Instructional section.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. The space will be divided into 4 stations numbered 1-4. Class will need SandBells. Diagram indicating how the classroom is set-up will appear on screen.



1 SandBell 1 Person #1

Directory: Training Tools
Folder: SandBells - Instructional
Time: 04:25 min.
Mat'l's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Alternate under leg, reverse lunge, overhead triceps extension, twist and hop.



1 SandBell 1 Person #2

Directory: Training Tools
Folder: SandBells - Instructional
Time: 06:34 min.
Mat'l's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Icky shuffle, alternating twists, shoulder press, lateral lunge, strength juggle.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need SandBells.



1 SandBell 1 Person #3

Directory: Training Tools
Folder: SandBells - Instructional
Time: 05:37 min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Squats, Russian twists, pancake flips, triceps kickback, shoulder press.



1 SandBell 1 Person #4

Directory: Training Tools
Folder: SandBells - Instructional
Time: 07:02 min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Wood chops, seated around the world, overhead triceps extension, crunches, squat and slide, figure eights.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need SandBells.



1 SandBell 1 Person #5

Directory: Training Tools

Folder: SandBells - Instructional

Time: 06:11 min.

Matl's Needed: SandBells

Grades: 3 - 12

Standards: 1, 2, 3, 4, 5, 6

Lunges, around the world, single leg lateral reach.



1 SandBell 1 Person #6

Directory: Training Tools

Folder: SandBells - Instructional

Time: 07:13 min.

Matl's Needed: SandBells

Grades: 3 - 12

Standards: 1, 2, 3, 4, 5, 6

Windmills, squat press and slam, single leg hop and stop, X-chop.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need SandBells.



1 SandBell 1 Person #7

Directory: Training Tools
Folder: SandBells - Instructional
Time: 04:46 min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Reverse Lunge w/ overhead press, Crossovers, speed skating, cross punch posterior reach.



1 SandBell 1 Person #8

Directory: Training Tools
Folder: SandBells - Instructional
Time: 05:47 min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Squat and overhead press, washing machine, juggling hand, lunge slide, rotational slams.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need SandBells.



1 SandBell 2 People #1

Directory: Training Tools
Folder: SandBells - Instructional
Time: 03:47 min.
Mat'l's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Chest pass, high fives, sit up toss, lateral toss.



1 SandBell 2 People #2

Directory: Training Tools
Folder: SandBells - Instructional
Time: 05:17 min.
Mat'l's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Pairs juggling, Toss and slam.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need SandBells.



1 SandBell 2 People #3

Directory: Training Tools
Folder: SandBells - Instructional
Time: 06:07 min.
Matl's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Frog Toss, single leg pairs juggling, seated lateral toss.



1 SandBell 2 People #4

Directory: Training Tools
Folder: SandBells - Instructional
Time: 06:16 min.
Matl's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Single leg pairs juggling, SandBell soccer, Twist-a-War.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need SandBells.



1 SandBell 3+ People #1

Directory: Training Tools
Folder: SandBells - Instructional
Time: 06:31 min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Drop it Back, Hot Potato, Crab walk.



2 SandBells 1 Person #1

Directory: Training Tools
Folder: SandBells - Instructional
Time: 07:45 Min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Bicep curls, posterior reach, chest press, hamstring curls, water buckets, side scrub.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need SandBells.



2 SandBells 1 Person #2

Directory: Training Tools
Folder: SandBells - Instructional
Time: 07:01 min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Cross punches, bicep curls, lily pads, mountain climbers, step on rocks.



3+ SandBells and 3+ People #1

Directory: Training Tools
Folder: SandBells - Instructional
Time: 05:14 Min.
Mat's Needed: SandBells
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

Move the Mountain, lily pad crab walk, lily pad walk crossing.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need SandBells.



Balance Crossways

Directory: Training Tools
Folder: T-Bow
Time: 06:06 min.
Matl's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This dynamic balance lesson introduces movements using the T-Bow crossways that will help train your body's cardiovascular system, muscular strength, flexibility, balance/stability and coordination.



Balance Lengthways

Directory: Training Tools
Folder: T-Bow
Time: 04:59 min.
Matl's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This dynamic balance lesson introduces movements using the T-Bow lengthways that will help train your body's cardiovascular system, muscular strength, flexibility, balance/stability and coordination.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need T-Bows.



Cardio Crossways

Directory: Training Tools
Folder: T-Bow
Time: 04:42 min.
Matl's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This dynamic cardio lesson introduces movements using the T-Bow crossways that will help train your body's cardiovascular system, muscular strength, flexibility, balance/stability and coordination.



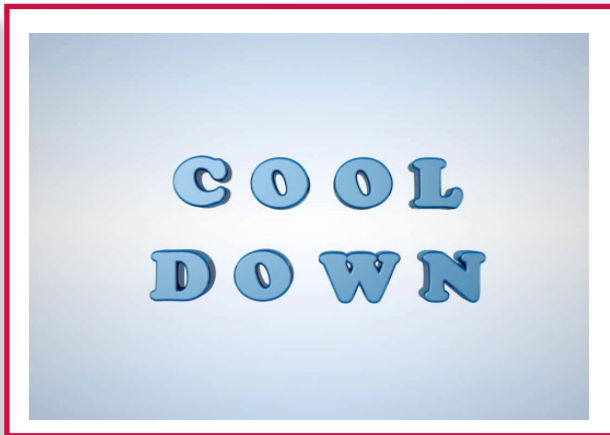
Cardio Lengthways

Directory: Training Tools
Folder: T-Bow
Time: 06:55 min.
Matl's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This dynamic cardio lesson introduces movements using the T-Bow lengthways that will help train your body's cardiovascular system, muscular strength, flexibility, balance/stability and coordination.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need T-Bows.



T-Bow Cool Down

Directory: Training Tools
Folder: T-Bow
Time: 08:38 min.
Mat's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This dynamic cool down lesson introduces movements using the T-Bow that will allow the body to gradually transition from an exertional state to a resting or near-resting state.



T-Bow Inside Drills

Directory: Training Tools
Folder: T-Bow
Time: 04:51 min.
Mat's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This dynamic lesson introduces movements using the T-Bow that will help train your body's cardiovascular system, muscular strength, flexibility, balance/stability and coordination.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need T-Bows.



T-Bow Instructional

Directory: Training Tools
Folder: T-Bow
Time: 09:21 min.
Mat's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This lesson introduces how to use the T-Bow.



T-Bow Intro

Directory: Training Tools
Folder: T-Bow
Time: 02:25 min.
Mat's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This lesson introduces the T-Bow.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need T-Bows.



T-Bow Strength

Directory: Training Tools
Folder: T-Bow
Time: 09:08 min.
Mat's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This dynamic strength lesson introduces movements using the T-Bow that will help train your body's cardiovascular system, muscular strength, flexibility, balance/stability and coordination.



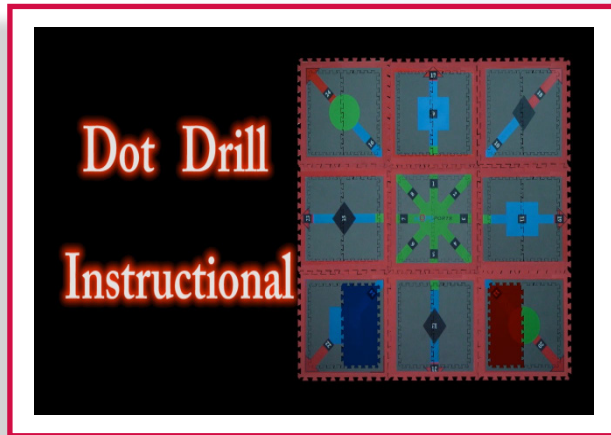
T-Bow Surf

Directory: Training Tools
Folder: T-Bow
Time: 7:03 min.
Mat's Needed: T-Bows
Grades: 3 - 12
Standards: 1, 2, 3, 4, 5, 6

This dynamic lesson introduces movements using the T-Bow that will help you learn to surf while training your body's cardiovascular system, muscular strength, flexibility, balance/stability and coordination.

Class Set-up

Students should be spread throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. Class will need T-Bows.



Dot Drills Easy - Extreme

Directory: Training Tools

Folder: Mat Drills - Dot Drills

Time: 02:00-05:00 min.

Matl's Needed: HOPS Mat

Grades: 3 - 12

Standards: 1, 2, 3, 4, 5, 6

13 Patterns and 6 categories of difficulty to practice footwork, coordination and fitness.

Class Set-up

Students should be spread throughout the classroom, providing room for minimal movement. HOPS mats are optional but recommended.

Warm Ups & Cool Downs



HOPSSPORTS®



Cool Down Combo 1

Directory: Warm Ups - Cool Downs
Folder: Cool Downs
Time: 05:13 min.
Mat's Needed: None
Grades: 3 - 12
Standards: 1, 2, 3

Lunges, Windmills, Side stretches, Upper body stretches, back extensions, seated stretch.



Parkour Cool Down

Directory: Warm Ups - Cool Downs
Folder: Cool Downs
Time: 07:05 min.
Mat's Needed: Mats (optional)
Grades: 6 - 12
Standards: 1, 4, 5, 6

Burpies, seated butterfly stretch, hamstring stretch, upper body stretch, forearm stretch, calf stretch, shoulder stretch.

Class Set-up

Students should be spread throughout the classroom, providing room for minimal movement. HOPS mats are optional.



Warm Up 1

Directory: Warm Ups - Cool Downs
Folder: Instructional Warm Ups
Time: 04:30 min.
Mat's Needed: Mats (optional)
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

High knees, squat bicep curls, side to side hops, torso twist with arm extensions, jumping jacks feet only, alternating lunges, standing saw, standing knees to opposite elbows.



Warm Up 2

Directory: Warm Ups - Cool Downs
Folder: Instructional Warm Ups
Time: 05:41 min.
Mat's Needed: Mats (optional)
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Skipping in place, heel raises, arm circles, squat overhead press, alternating single leg hops, squat iron cross, curtsy lunges.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPS mats are optional.





INSTRUCTIONAL WARM-UPS 3

Warm Up 3

Directory: Warm Ups - Cool Downs
Folder: Instructional Warm Ups
Time: 05:01 min.
Mat's Needed: Mats (optional)
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Running in place heel kicks, squat overhead combo, wood chops, river dance, jumping jack crossovers, running in place quarter turn hops.

INSTRUCTIONAL WARM-UPS 4

Warm Up 4

Directory: Warm Ups - Cool Downs
Folder: Instructional Warm Ups
Time: 04:17 min.
Mat's Needed: Mats (optional)
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Ball taps, ice skater hops, split squat jumps, shoveling, lunge grid.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions. HOPS mats are optional.



Camelot

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 04:30 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Heel raises, overhead lunges, A-skip, small arm circles, jump and twist.



City Park

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:19 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

High knee march, reverse arm circles, squat iron cross, alternating lunges with arm raises, standing knees to opposite elbows, running man.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Foosball

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:11 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Reverse arm circles, A-skip, jumping jacks, high knee march, high knee kickouts, jump and twist.



HOPS Beach

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:30 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

High knee march, sqaut and reach, wood chops, squat and back extension, jumping jacks feet only.

Class Set-up

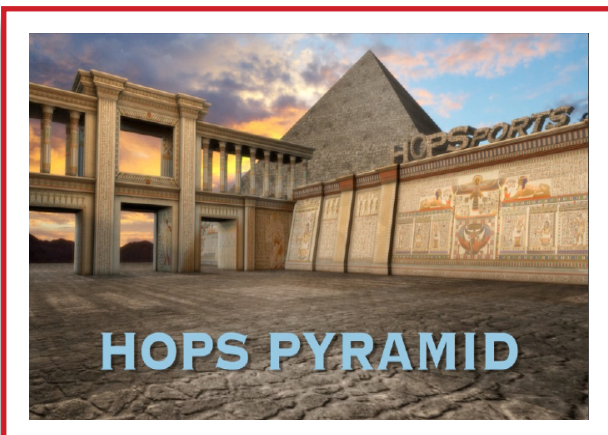
Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



HOPS Circus

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:48 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Head shoulders knees and toes, running man, standing knees to opposite elbows, hop in a circle, frog hops, funky feet, star jumps.



HOPS Pyramid

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:02 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Bent over flies, jumping jacks feet only, side stepping with arm movement, deep lunge leg switches, statue of liberty.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



HOPS Retreat

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:07 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Sawing wood, squat and reach, lateral hops, jumping jacks feel only.



HOPS Transporter

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:21 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Ball taps, reverse lunge and reach, A-skip, bent over flys, torso twist with arm extensions, heel kicks.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Jacks Playground

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:31 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Running man variation, lunge and reach, squat and press, squat and reach, high knee march, jumping jack crossovers.



Observation Deck

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:22 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Back extensions with upper body movement, marching in place, hop in circles, star jumps, deep lunge leg switches, A-skip.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Paradise Cove

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:09 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Large arm circles, jumping jacks legs only, sawing wood, high knee march, side to side hops.



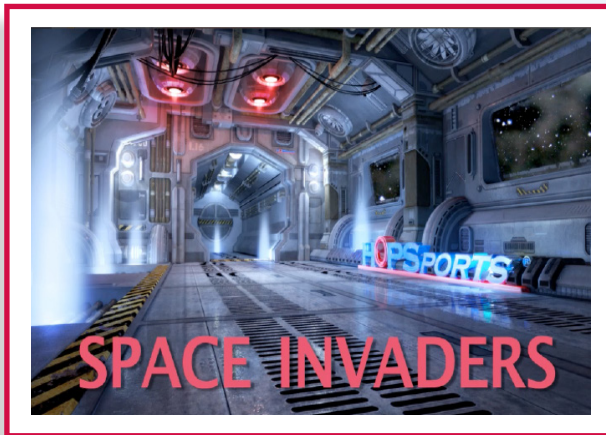
Pirate Ship

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:55 min.
Matl's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Side to side steps with arm movements, Tin Soldiers, lunge and reach, reverse arm circles, jumping jacks legs only, running man.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Space Invaders

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:46 min.
Mat's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Ball taps, sledgehammer, A-skip, Windmills, jump and twist.



Toy Land

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:28 min.
Mat's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Heel kicks, jumping jack crossovers, reverse lunge and reach, lateral hops, squat and bicep curl, running man.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.



Wild West

Directory: Warm Ups - Cool Downs
Folder: Practice Warm Ups
Time: 05:29 min.
Mat's Needed: None
Grades: 6 - 12
Standards: 1, 2, 3, 4, 5, 6

Bent over flys, bailing hay, jumping jacks, shoveling, reverse lunge and reach.

Class Set-up

Students should be spread out throughout the classroom, providing ample room (minimum of 25 square feet of space) for movement in all directions.

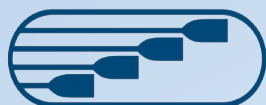
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