

## Objective

By the end of this lesson, Mason will enhance his physical fitness, develop coordination, and have fun while engaging in various gym-related activities. He will learn the importance of exercise and how it contributes to a healthy lifestyle.

## Materials and Prep

- No special materials are needed for this lesson.
- Make sure there is enough space available for activities, preferably an open area where Mason can move freely.
- Ensure Mason is wearing comfortable clothing suitable for physical activity.

## Activities

- **Warm-Up: Dynamic Stretching (10 minutes)**

Start with a series of dynamic stretches to warm up the muscles. This can include arm circles, leg swings, and torso twists. The goal is to prepare the body for physical activity and prevent injuries.

- **Obstacle Course Challenge (20 minutes)**

Create a fun obstacle course using only Mason's body. This can include jumping jacks, bear crawls, and high knees. Encourage Mason to time himself and see how fast he can complete the course!

- **Balance and Coordination Games (15 minutes)**

Engage in activities that focus on balance and coordination, such as standing on one leg, doing a yoga pose, or hopping in different directions. This can help improve stability and body awareness.

- **Cool Down: Stretching (10 minutes)**

End the session with a cool-down period that includes static stretching. Focus on major muscle groups and encourage Mason to take deep breaths to relax his body after the workout.

## Talking Points

- "Why is warming up important?" - Warming up helps prepare our muscles and joints for exercise, reducing the risk of injury.
- "How do you feel after completing the obstacle course?" - This helps Mason reflect on his effort and the fun of the activity.
- "What did you notice about your balance during the games?" - Discussing balance can help Mason understand its importance in sports and daily activities.
- "Why should we cool down after exercising?" - Cooling down helps our heart rate return to normal and prevents muscle soreness.