

Materials Needed:

- Comfortable clothing and shoes
 - Enough clear space to move around safely
 - Water bottle
 - (Optional) Yoga mat or soft surface
 - (Optional) Timer or stopwatch
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Lesson Activities:

1. Introduction: Strong Muscles & Stretchy Bodies! (5 minutes)

Hey there, Super Mover! Today, we're going on an adventure to discover two superpowers our bodies have: Strength and Flexibility!

- **Strength:** This is how strong our muscles are. Think about lifting your backpack or pushing open a heavy door. Strong muscles help us do things!
- **Flexibility:** This is how much our bodies can bend and stretch without getting hurt. Think about reaching for something high up or touching your toes. Being flexible helps us move easily!

Why do we need both? Strong muscles help us run, jump, and play hard. Being flexible helps us reach, twist, and avoid getting hurt. We need both to be amazing movers!

2. Warm-Up Wiggles (5 minutes)

Let's wake up our bodies! We need to get our muscles warm and ready before we work them.

- **Marching on the Spot:** Lift those knees high! (1 minute)
- **Arm Circles:** Make big circles forward, then backward. (1 minute)
- **Leg Swings:** Gently swing one leg forward and back, then the other. Hold onto a wall if needed. (1 minute per leg)
- **Torso Twists:** Stand with feet apart, gently twist side to side. (1 minute)

3. Super Strength Station (15 minutes)

Time to build some muscle power! Let's try these fun strength challenges. Do each for about 30-60 seconds, rest, and repeat if you like.

- **Wall Sit Challenge:** Lean against a wall like you're sitting in a chair. How long can you hold it? Keep your back flat!
 - **Bear Crawl Adventure:** Walk on your hands and feet like a bear across the room and back. Keep your bottom down!
 - **Crab Walk Scuttle:** Sit on the floor, place hands behind you, lift your bottom, and walk backward like a crab!
 - **Plank Pose Power:** Lie on your tummy, then push up onto your forearms and toes. Keep your body straight like a board! Try holding for 15-30 seconds.
 - **Step-Up Station:** If you have a sturdy low step, step up with one foot, then the other, and step
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back down. Repeat! (Be careful!)

4. Fantastic Flexibility Flow (10 minutes)

Now, let's stretch those muscles out. Remember to stretch gently - it shouldn't hurt!

- **Toe Touch Reach:** Sit on the floor with legs straight out. Gently reach towards your toes. Hold for 20-30 seconds. Don't bounce!
- **Butterfly Stretch:** Sit down, put the bottoms of your feet together, and gently press your knees towards the floor. Feel the stretch in your inner thighs. Hold for 30 seconds.
- **Triceps Stretch:** Reach one arm up, bend your elbow so your hand touches your back. Gently push the elbow with your other hand. Hold for 20 seconds, then switch arms.
- **Quad Stretch:** Stand tall (hold a wall if needed). Bend one knee and grab your ankle, gently pulling your heel towards your bottom. Feel the stretch in the front of your thigh. Hold for 20 seconds, switch legs.

5. Cool-Down Calm Corner (5 minutes)

Great work! Let's help our bodies relax.

- **Deep Breaths:** Sit or lie down comfortably. Take slow, deep breaths in through your nose and out through your mouth. Feel your body relax. (2 minutes)
- **Child's Pose:** Kneel on the floor, sit back on your heels, and rest your forehead on the floor with arms stretched out or alongside your body. Relax. (1 minute)

6. Wrap-Up Chat (5 minutes)

Awesome job today exploring strength and flexibility! Quick questions:

- What was one strength exercise we did? (e.g., Wall Sit)
- What was one flexibility stretch we did? (e.g., Butterfly Stretch)
- Why is it important to be strong AND flexible? (Helps us move, play, and stay healthy!)

Remember to practice moving your body every day! Keep building that strength and flexibility!