



Physical Activities Grades 9–12

Fitness Activities & Physical Activity Knowledge

Please complete these activities with a sibling, parent, guardian, or family member!

Fitness Activities	Follow the yoga sequence in this video that includes verbal descriptions of all movements. If you have another video you prefer, follow that one instead! https://www.youtube.com/watch?v=tnpYMHsp8Q0
Muscular Strength -Knees together -Feet flat -Arms over chest	Complete 10 sit-ups. Complete at least 3 sets of 10 sit-ups resting at least 30 seconds in-between each set. If you want more of a challenge, increase the number of sets you complete. Count how many sit-ups you can complete!
Muscular Endurance -Back Straight -Core Engaged -Belly in towards back	Get into a plank position, keeping your core (stomach) muscles engaged. Keep your back straight. Time how long you can hold the plank position. Try each day to beat your score from the day before!
Flexibility <u>Dynamic</u> -Lunges, arm circles, walking toe touches <u>Static</u> -Butterfly, Arm across body, touch toes	Lead yourself through stretches both before and after you exercise. Before you exercise complete dynamic stretches, meaning stretches while you move. After exercising complete static stretches, meaning stretches while you are still. Pay special attention to all of the muscles that you exercised.
Cardiorespiratory Endurance	Go for a jog around the block with a partner. Have your partner either talk to you to guide you, have bell on their wrist for noise, or use a string as a tether. Each time you go jogging, try to go one more block than the previous day!

Our mission is to provide life-changing opportunities through sports and physical activity to individuals who are blind and visually impaired.



Physical Activities Grades 9–12

Lifetime Activities & Physical Activity Knowledge

Please complete these activities with a sibling, parent, guardian, or family member!

Dance & Rhythm	Practice your social dance moves with a fun dance party! Play some fun music, and dance the day away! This link will bring you to a video that teaches a few social dance moves. https://www.youtube.com/watch?v=rZGrufYSQPc
Fitness Knowledge	Teach a skill that you have mastered to your partner. Teach them the proper form! Example: Teaching a proper push-up. Have back straight, core engaged, and arms at a 45-degree angle in relationship to the body.
Outdoor Pursuits	Navigate the neighborhood with a partner and take paths that are new to you. Practice memorizing the pathways and navigate back to your home.
Safety	When you are exercising, practice taking hydration breaks. Remind yourself and your partner of the importance of staying hydrated. Remember sunscreen when you are doing outdoor activities.
Movement Knowledge	Pick a skill that you want to improve. Practice the skill paying special attention to your form. Example: If you tend to let your back sink low during planks, practice keeping your back level by engaging your core and pulling your belly button in towards your back.