



## Physical Activities Grades 9–12

### Lifetime Activities & Physical Activity Knowledge

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

<p><b>Dance &amp; Rhythm</b></p>	<p>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.  <a href="https://www.youtube.com/watch?v=rZGrufYSQPc">https://www.youtube.com/watch?v=rZGrufYSQPc</a></p>
<p><b>Fitness Knowledge</b></p>	<p>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.</p>
<p><b>Outdoor Pursuits</b></p>	<p>Navigate the neighborhood with a partner and take paths that are new to you. Practice memorizing the pathways and navigate back to your home.</p>
<p><b>Safety</b></p>	<p>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.</p>
<p><b>Movement Knowledge</b></p>	<p>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.</p>