



The OTA iPlay “Home Game”

Theme: Circuit Club Combo Week “Cross-Fit Boot Camp” and “Yoga Poses Cool Down”

Iron-Kid Warm Up

Completed: _____

1. 1 Minute Jog
2. 10 Jumping Jacks
3. 15 Rocket Launchers
4. 20 Second Plank
5. 25 Second Body Twist

Sports Skills “Boot Camp” Circuit

- Soccer Toe Taps
- Basketball Ball Dribbling
- Hockey Stick Handling
- Tennis Tap Ups
- Football Foot Drills
- Baseball Accuracy Pitches

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

YOGA Poses “Cool Down”

- See Superhero, Shapes Yoga Sheet

Completed: _____

Cross-Fit “Animal Style” Competition Circuit

- “Camel Walk”
- “Elephant Lift”
- “Gorilla Toss”
- “Ox Pull”
- “Bear Flip”
- “Squirrel Carry”

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

YOGA Poses “Cool Down”

- See Zoo Animal, Farm Animal Yoga Sheet

Completed: _____

“Pretzel Day” Circuit Yoga Poses

- Weather Yoga Poses
- Transportation Yoga Poses
- Ocean Yoga Poses
- Beach Yoga Poses

Completed: _____

Completed: _____

Completed: _____

Completed: _____



Game Plan: Directions and Instructions for “Circuit Club Combo Week”

*Note – we have tried to develop a program with as much flexibility as possible understanding that age groups, available sports equipment, space constraints, level of parental/guardian involvement all varies. The number of “repetitions” your “team” decides to do is up to you. If you are having fun, keep doing it. If one is enough – move on! Feel free to substitute, modify, alter, improvise wherever needed.

Sports Skills “Boot Camp” Circuit - you will do each activity below all the way through (6 minutes of play) then get a 90 second rest. You will need a basketball (or any other ball you can bounce), soccer ball (or any other ball of similar size), Baseball/wiffle ball, hockey stick (or broom), tennis racquet (or any other type of paddle) and tennis ball. Set up each activity before beginning. Repeat Circuit as many times as you like.

- **Soccer Toe Taps – One Minute**
 - You will tap the top of the ball using the bottom of your foot (using your toe)
 - Alternating right foot then left foot for one minute.
- **Basketball Ball Dribbling – One Minute**
 - You will dribble right hand, cross over, left hand.
 - You can do this in place or moving around.
- **Hockey Stick Handling – One Minute**
 - You will stick handle your puck (or tennis ball) down and back (place two markers at least 10 feet apart).
 - You can add some obstacles to make it harder!
- **Tennis Tap Ups – One Minute**
 - You will try to keep your tennis ball up in the air using your racket or paddle.
 - Don’t let it rest of your racket, make sure you are bouncing it up and down.
- **Football Foot Drills – One Minute**
 - You will try to keep your feet moving while cradling the football in your arms tucked into your shoulder from point to point while dodging and cutting through markers.
 - Incorporate spin moves to make it more challenging.
- **Baseball Accuracy Challenge – One Minute**
 - You will use a max of 4 balls.
 - Place a target at least 10 ft away and try and hit it as many times as you can in a minute.
 - Once you have run out of balls you need to run, pick up your balls, then go back to the start and try again.



CrossFit “Animal Style” Competition Circuit – For the CrossFit Circuit you will do each activity below to completion. Rest as needed before attempting the next challenge. To make more competitive, set up each challenge all at once before you start, then begin the rotation. Only rest for 1-2 Minutes between each challenge.

- **“Camel Walk”**
 - Set up point to point markers at least 10 yards a part (further for more difficulty)
 - Have pillows and cushions available
 - Carry pillow or cushion from point to point
 - Increase difficulty with bigger cushions or pillows or by stacking them in your arms
- **“Elephant Lift”**
 - Fill bucket of water (more water, more difficult – two buckets, more difficult).
 - Lift bucket (or buckets) by the handle clean over your head.
 - Add number of lifts from ground to overhead to increase challenge.
- **“Gorilla Toss”**
 - Select a stuffed animal. Bigger increases difficulty.
 - Make sure there is ample room to perform a “hammer throw”.
 - Windup and throw two handed stuffed animal as far as you can.
 - Measure, try and beat your previous throw.
- **“Ox Pull”**
 - Locate wagon, big wheel, wheel bower, etc.
 - Fill with “weight” (anything works).
 - Pull “wagon” from point to point.
 - Increase difficulty with more weight.
- **“Bear Flip”**
 - Select sofa cushion.
 - Set up point to point markers at least 10 yards a part (further for more difficulty).
 - At starting point, begin flipping cushion end over end till you reach finish line.
- **Squirrel Carry**
 - Select several balls (any size, different sizes increase difficulty).
 - Locate a flight of steps.
 - First round carry two balls to top of steps.
 - Increase the number of balls to carry to top of steps each round.
 - Go until you have no more balls left or can no longer manage carrying a certain number of balls to the top.



SUPERHERO YOGA



I am brave.

WARRIOR 1 POSE



I am strong.

WARRIOR 2 POSE



I am peaceful.

PEACFUL WARRIOR POSE



I am kind.

WARRIOR 3 POSE



I am a superhero!

HALF MOON POSE

SHAPES YOGA



I am a triangle.
DOWNWARD-FACING DOG POSE



I am a rectangle.
PLANK POSE



I am a square.
TABLE TOP POSE



I am a circle.
CHILD'S POSE



I am a star.
RESTING POSE

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Shapes Yoga



ZOO YOGA



I am an elephant.

WIDE-LEGGED STANDING FORWARD BEND



I am a crocodile.

PLANK POSE



I am a bear.

DOWNWARD-FACING DOG POSE



I am a tiger.

CAT POSE



I am a hippo.

CHILD'S POSE

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Zoo Animals Yoga



FARM ANIMALS YOGA



I am a hen.
SQUAT POSE



I am a horse.
THREE-LEGGED DOG POSE



I am a sheep.
CAT POSE



I am a cow.
COW POSE



I am a pig.
HAPPY BABY POSE

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Farm Animals Yoga



WEATHER YOGA



It is sunny.
EXTENDED MOUNTAIN POSE



It is windy.
TREE POSE



I see lightning.
CHAIR POSE



It is raining.
STANDING FORWARD BEND



It is snowing.
CHILD'S POSE

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Weather Yoga

TRANSPORTATION YOGA



I am a boat.

BOAT POSE



I am a surfboard.

PLANK POSE



I am a sailboat.

TRIANGLE POSE



I am a train.

STAFF POSE



I am a motorbike.

LUNGE POSE

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Transportation Yoga

OCEAN YOGA



I am a jellyfish.
STANDING FORWARD BEND



I am a shark.
LOCUST POSE



I am a dolphin.
DOLPHIN POSE



I am a crab.
TABLE TOP POSE



I am a turtle.
TORTOISE POSE

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Ocean Animals

BEACH YOGA



I am a surfer.

WARRIOR 2 POSE



I am a beach chair.

CHAIR POSE



I am a sandcastle.

DOWNWARD-FACING DOG POSE



I am a swimmer.

LOCUST POSE



I am a sea star.

RESTING POSE

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Beach Yoga Poses