



HIGH 5 FOR FITNESS

.....
For youth ages 8 – 11 who want to be fit!

***Special
Olympics***



Acknowledgements



Special thanks to James W. Robinson Secondary School, a Unified Champion School, and the Special Olympics Virginia Athletes and Unified Partners featured in these cards: Ainsley, Amen, Chiara, and Eliza.



Special Olympics
**Unified Champion
Schools**



The contents of these "High 5 for Fitness Cards" were developed under generous funding from the US Department of Education, #H380W150001 and #H380W160001. However, those contents do not necessarily represent the policy of the US Department of Education, and one should not assume endorsement by the Federal Government.

This resource was created with support from the Golisano Foundation, and cooperative agreement #NU27DD000021 from the U.S. Centers for Disease Control and Prevention (CDC). Its contents are the responsibility of Special Olympics and do not necessarily represent the views of CDC.

High 5 for Fitness has 3 levels.



LEVEL 1:
Basic



LEVEL 2:
Intermediate



LEVEL 3:
Advanced

High 5 for Fitness has exercises that can help you improve your flexibility, endurance, and strength. There are exercises for youth at all levels. Start with the Basic exercises. Are the exercises too easy? You can move up to the next level, exercise longer, do more of each exercise, or take a shorter break between exercises.

DIRECTIONS

Flexibility

Do each Flexibility exercise for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

Endurance

Do each Endurance exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

Strength

Do each Strength exercise 10 times. Rest for 30 seconds in between each exercise. Complete 3 times.



LEVEL 1

Basic

Level 1 • Flexibility

1



WARRIOR 1

1. Take a big step forward with your right foot. Raise your arms up straight over your head with your palms facing each other.
2. Turn your left foot to the side so that your toes are pointed out. Bend your right knee.
3. Repeat with your left foot forward.



Level 1 • Flexibility

1



CAT-COW

1. Start on your hands and knees. Round your back and look at your belly for cat pose.
2. Look up at the sky, let your belly sink toward the ground, and arch your back for cow pose. Repeat.



Level 1 • Flexibility

1



DOWNWARD FACING DOG

1. Start on your hands and knees. Curl your toes under and raise up your hips and straighten your legs as much as possible. Keep your arms straight.
2. Keep your toes pointed forward and let your head hang down.



Level 1 • Endurance

1



WALKING

1. Walk in place or while moving around.



Level 1 • Endurance

1



TWO FOOT JUMPING

1. Stand with your feet together.
2. Jump up and down on two feet and land softly.



Level 1 • Endurance

1



SIDEWAYS SLIDING

1. Stand with your feet shoulder width apart and bend your knees. Put your arms out at your sides.
2. Step with your right foot to the side, and then bring your left foot in beside it.
3. Do 5 slides to the right, then do 5 slides to the left. Keep sliding from side to side.



Level 1 • Strength

1



HAND PUSHES

1. Put your hands together in front of our chest, with your elbows bent.
2. Push your hands together as hard as you can and hold for 5 seconds.



Level 1 • Strength

1



CALF RAISES

1. Stand with your feet shoulder width apart and your arms at your sides.
2. Raise up onto your tip toes as high as possible, and hold at the top.
3. Lower your heels down.



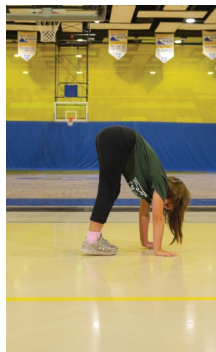
Level 1 • Strength

1



INCHWORMS

1. Stand with your feet shoulder width apart. Bend forward and place your hands on the ground. Keep your knees a little bit bent.
2. Walk your hands forward until you reach a plank position.
3. Walk your feet back in to meet your hands.





LEVEL 2

Intermediate

Level 2 • Flexibility

2



UPWARD FACING DOG

1. Lie face down with your legs straight and place your hands flat on the ground by your shoulders.
2. Push down with your hands and slowly straighten your arms. Raise your head and upper body until you feel a stretch in your belly.



Level 2 • Flexibility

2



RAGDOLL POSE

1. Stand with your feet shoulder width apart and raise your arms above your head.
2. Slowly bend forward as your arms fall towards the ground. Let your knees bend.
3. Round your back and let your head hang heavy.



Level 2 • Flexibility

2



WARRIOR 2

1. Stand with your feet wider than shoulder width apart and reach your arms out straight to the sides.
2. Turn your right foot to the side so your toes are pointed out, and then bend your right knee.
3. Repeat with your left foot forward.



Level 2 • Endurance

2



JOGGING

1. Jog in place or while moving around.



Level 2 • Endurance

2



ONE-FOOT HOPPING

1. Stand on your right foot only.
2. Hop up and land softly on the same foot.
3. Switch and hop on your left foot.



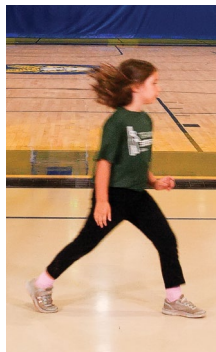
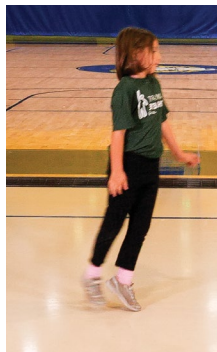
Level 2 • Endurance

2



GALLOPING

1. Your right foot is the leader and your left foot follows behind.
2. Take a big step forward with your right foot and then quickly bring your left foot next to it, and repeat.
3. Continue galloping and then switch to leading with your left foot.



Level 2 • Strength

2



SUPERMAN

1. Lie face down with your legs straight and your arms over your head.
2. Raise both your arms and legs at the same time so they are a few inches off the ground.
3. Hold and then lower back down.



Level 2 • Strength

2



MODIFIED PLANK

1. Start in the plank position with your hands flat on the ground and your arms straight.
2. Bend your knees to touch on the ground and lift your feet.
3. Keep your core muscles tight and your back flat. Hold this position for 30 seconds.



Level 2 • Strength

2



SEATED LEG LIFTS

1. Sit tall with your right leg out straight and your left leg bent with your foot flat on the ground. Hug your arms around your bent leg.
2. Raise your right leg up a few inches and hold. Lower your leg down and repeat.
3. Switch to raise your left leg.





LEVEL 3

Advanced

Level 3 • Flexibility

3



TABLE POSE

1. Start in the plank position with your arms straight and your knees on the ground.
2. Look down between your hands, keep your back straight, and hold.



Level 3 • Flexibility

3



TRIANGLE POSE

1. Stand with your feet wider than shoulder width apart and put your arms out straight to the sides.
2. Turn your right foot to the side so that your toes are pointed out.
3. Lean to the right side, grab your ankle, and raise your left arm up. After 30 seconds, switch sides.



Level 3 • Flexibility

3



SPIDER POSE

1. Stand with your feet wider than shoulder width apart and bend your knees.
2. Bend forward and place your hands on the ground between your feet.
3. Reach behind your legs and grab your heels. Keep your feet flat.



Level 3 • Endurance

3



RUNNING

1. Run in place or while moving around.



Level 3 • Endurance

3



LEAPING

1. For leaping, you take off from one foot and land on the other foot.
2. Step forward with your left foot and push off to leap in the air. Reach your right leg out front to cover a big distance.
3. Keep your arms out to the sides.
4. Leap off your left foot and then try from your right foot.



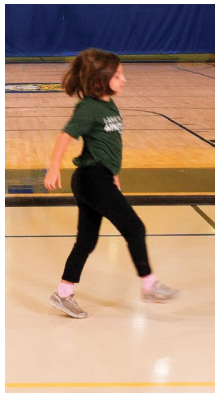
Level 3 • Endurance

3



SKIPPING

1. Step forward with your left foot and hop, then step with your right foot and hop. Swing your arms.
2. Skip around the activity area.



Level 3 • Strength

3



CRAB KICKS

1. Sit with your knees bent and your feet on the ground. Place your hands on the ground behind you with your fingers facing backward.
2. Raise your hips up so you are in a crab position.
3. Kick your right leg up, lower it down, and then kick your left leg up. Keep kicking and switching legs.



Level 3 • Strength

3



DEAD BUGS

1. Lie on your back with your arms above your shoulders. Bend your knees and raise your feet up.
2. Lower your right arm to reach over your head, straighten your left leg out, and hold.
3. Bring your arm and leg back to the starting position and then repeat on the other side.



Level 3 • Strength

3



FROG SQUATS

1. Stand with your feet shoulder width apart and your arms at your sides.
2. Bend your knees to squat down and touch the ground between your feet.
3. Return to the starting position.





YOU CAN DO THIS!






















Tracking Your Progress

























TRACKING

It is helpful to track your activities as you work toward the Eat, Drink, and Move goals. On the following page, you will find a 12-week tracker sheet.

Track your High 5 for Fitness activities every week for 12 weeks. Encourage your family and friends to join you, too! 12 weeks is about the time it takes to get fit.

You can do this!

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
Eat Color the plate if you ate from all 5 food groups today.							
Drink Color the bottle if you drank at least 1 bottle of water today.							
Move Color the shoe if you moved for 60 minutes or more today.							

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
Eat Color the star if you ate from all 5 food groups every day this week.												
Drink Color the star if you drank at least 1 bottle of water every day this week.												
Move Color the star if you moved for 60 minutes or more every day this week.	