

Future Fitness Pros of America: FOR the KIDS

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Organization on "Their" Level:

- Unbiased Partners Using "Body Parts"
- Creating Fair Teams From Partners



STOP is a Bad word!

Code for STOP- Ready 6x's- Whoop!

- Soldier
- Tunnel
- Statues

Team Games

- 1,2 Pass the Shoe
- Wiggle Box (Tissue Box "Belt", ping pong balls)
- Relays:
 - Water & Lava (EQs)
 - Toss Across (Bender Ball)
 - Pennies in the Cup (10 pennies, plastic cup)
 - Leader's Choice



Partners

- Peanut Butter Jelly Time
- Paper Run (newspaper)
- Boot Scoot (Gliding Disc)
- Skiing (Gliding Discs)
- Alligator/Frog (optional- cones and "sticks")
- Rock, Paper, Scissors
- Captain's Orders (Buddy system)



Stretch Series

- Glue & Ice Cream
- Blowing Up Balloons

Thank you for attending this session!