



Six-Week Lesson Plans: Set 1

Fitness Programming for Youth 2-5 Years Old

PowerUp Fitness, LLC

Six weeks of PowerUp Peanut Classes. Each week features two classes that include a warm-up, muscle endurance and strength exercises, and PowerUp Play activities to make kids' fitness fun! It's a group exercise class for kids 2-5 years old!

PowerUp Peanuts

Instructions: PowerUp endurance and strength exercises can be set up as stations, performed for time or set up as an obstacle course.

Week: 1 Class: 1

PowerUp Equipment

- Hula hoop
- Mat (army crawl)

WarmUp

- Walk on toes/heels
- Walk high knees/kick bottom
- Walk + arm circle
- Walk tall, medium, low

PowerUp Endurance

- Alphabet jumping jacks
- Shape jumps
- Race in place
- One leg hops
- Frog jumps

PowerUp Strength

Upper Body

- Arm circles
- Army crawl

Lower Body

- Squats
- Toe raises

Core

- Hula hoop

PowerUp Play

Animal Action

Notes: Play music, pause music and instruct participants to freeze. Use this to teach exercises, get attention, as a game. WarmUp: Walk tall (reach arms up), walk medium (normal), walk low (squat while walking). Switch up the order to keep participants guessing. Army crawl: laying on tummy, use arms only to crawl specified distance. Squats: hold squat for different time intervals, return to stand to keep their attention and make it a game. Hula hoop several times throughout the workout. Hula hoops can be used to keep participants in their own space. Place hoop on the ground, instruct participants to perform exercises inside their hula hoop or “bubble”.

PowerUp Peanuts

Instructions: PowerUp endurance and strength exercises can be set up as stations, performed for time or set up as an obstacle course.

Week: 1 Class: 2

PowerUp Equipment

- Hula hoop
- Mat (army crawl, plank, donkey kicks)
- 1 lb dumbbells (or 1 lb. resistance)(lateral raises)

WarmUp

- Walk on toes/heels
- Walk high knees/kick bottom
- Walk + arm circle
- Walk tall, medium, low

PowerUp Endurance

- Hip-hops
- Frog jumps
- Burpees
- Slow gallop
- Bunny hops

PowerUp Strength

Upper Body

- Army crawl
- Lateral raises

Lower Body

- Squat jumps
- Donkey kicks

Core

- Hula hoop
- Plank

PowerUp Play

Animal Action

Notes: Play music, pause music and instruct participants to freeze. Use this to teach exercises, get attention, as a game. To teach burpees chant: “jump up, hands down, jump out, jump in, jump up”. For lateral raises use light, or no weights, talk about making the letter “T”, use phrases like its “T” time. For planks sing alphabet or encourage counting.

PowerUp Peanuts

Instructions: PowerUp endurance and strength exercises can be set up as stations, performed for time or set up as an obstacle course.

Week: 2 Class: 1

PowerUp Equipment

- Step bench (step ups)
- Tape or jump rope (line hops)
- Mat (sandwich situps)

WarmUp

- Walk on toes/heels
- Walk high knees/kick bottom
- Walk + arm circle
- Walk tall, medium, low

PowerUp Endurance

- Obstacle course
- Frog jumps
- Jumping jacks
- Step ups
- Hip-hops

PowerUp Strength

Upper Body

- Wall pushups
- Arm circles

Lower Body

- Squat jumps
- Lunge

Core

- Sandwich situps

PowerUp Play

Crazy Cars

Notes: Play music, pause music and instruct participants to freeze. Use this to teach exercises, get attention, as a game. Line hops: put down tape or long jump rope, participants hop over side to side. For step ups: have participants hop over step if able. Sandwich situps: perform traditional situps, build an imaginary sandwich, adding one piece each situp. For ex. Bread, situp, turkey, situp, etc. For lunges: talk about making squares or “L’s” with legs, don’t let knees touch the ground!

PowerUp Peanuts

Instructions: PowerUp endurance and strength exercises can be set up as stations, performed for time or set up as an obstacle course.

Week: 2 Class: 2

PowerUp Equipment

- 1 lb dumbbells (or 1 lb. resistance)(lateral raises)
- Mat (planks) (donkey kicks)

WarmUp

- Walk on toes/heels
- Walk high knees/kick bottom
- Walk + arm circle
- Walk tall, medium, low

PowerUp Endurance

- Inchworm
- Jumping jacks
- Hip-hops
- Shape jumps
- Burpees
- One leg hops

PowerUp Strength

Upper Body

- Wall pushups
- Lateral raises

Lower Body

- Donkey kicks
- Squats

Core

- Plank

PowerUp Play

Crazy Cars

Notes: Inchworm: Walk feet then hands, see instructor manual. Squats: hold squat for different time intervals, return to stand to keep their attention and make it a game. To teach burpees chant: “jump up, hands down, jump out, jump in, jump up”.