

“Sit and Reach”

Needs: Space

Targets:

- Leg strength when sitting in a squat

Procedures:

- Feet wider than your hips
- Sit back into a chair and stay there
- Reach your arm up over head and alternate arms
- Repeat 8 times each side
- Cross your body with your arm – 8 counts
- Staying in the squat
- Reach low – opposite hand to knee – 8 counts
- Come up and shake out legs
- Repeat sequence
- Take a deep breath in and exhale
- Repeat sequence one more time
- Hold squat for one extra second and release
- Take a deep breath in and exhale

Common problems and fixes:

- Encourage students to sit way back into an imaginary chair so that their knees are not over their toes.

Challenge:

Add counting as students reach up in various increments