



Take Flight Online Health & Wellness

Prior to creating this online learning program - really wanted to create something for the youth as well as families at home. We want to provide recorded material so both youth and parents will be able to take advantage of spending time together. Below we have listed a few programs, formats and resources we will provide to our audience. Please also go to our [Website](#) to learn more about our programs.

Youth need play/move to stay active and engaged, and to support families. We want to share our expertise to help keep our audience active and moving during this time of being inside.

Take Flight will also be uploading activities via [Facebook](#) / [Instagram](#) / [YouTube](#) Monday, Wednesday, Friday. Tune in for stretching and warm-ups, interactive workouts (HIIT, YOGA, ZUMBA, etc.), play, nutritional meals, and cooldown activities.

We will also use Facebook and Instagram to post challenges and our audience can post/share videos in response to the challenges and we will repost on our social media. We will post a Take Flight Move of the Week, every Tuesday and will repost as many posts or shares submitted by others.

TAKE FLIGHT QUICK FLIGHTS

FLIGHT A

5-10 minutes

Directions: Do each of the following vmoves in place for 30 seconds for 5 rounds or sets

1. 30 seconds of jumping from side to side over a pretend hurdle
2. 5 squats
3. 30 seconds of jumping front to back over a pretend hurdle
4. 5 squats
5. 30 seconds of fast feet (feet jogging quickly in place)
6. 5 squats
7. Repeat!

FLIGHT B

5-10 minutes

Directions: Do each of the following in place for 20 seconds. Second time through have kids use their opposite hands and feet. Third time through have kids call out which move to do.

1. Act like a baseball player swinging a bat
2. Act like a basketball player shooting a ball into the basket
3. Act like a hockey player skating as fast as they can
4. Act like a football player and practice fast feet
5. Act like a professional skier and practice going side to side then jumping over jumps
6. Act like a tennis player practicing their serve
7. Repeat

FLIGHT C

5-10 minutes

1. Directions: Do each of the challenges for 2-3 minutes:
2. Partner A performs 1 push up first
3. Partner B performs 1 push up second
4. Partner A performs 2 push ups third
5. Partner B performs 2 push ups fourth
6. Continue this push up ladder for 2 minutes. See which pair completes the most
7. push ups in 2 minutes.
8. Reminder, pace themselves!

FLIGHT D

5-10 minutes

Directions:

1. Kids perform squats with their feet and knees in particular angles. Instructors ensure knees should be over the feet when performing this Burst.
2. On cue, kids are asked to do a zero-degree squat with feet and knees parallel and close together.Repeat 10 times.
3. Kids are then asked to perform a squat with feet and knees turned out in a 45-degree position.Repeat 10 times.
4. Kids are then asked to perform a squat with feet and knees turned out in a 90-degree angle. Repeat 10 times.

FLIGHT E

5-10 minutes

Directions: Have your kids all lie down on the floor and close their eyes. Have them put their hands on their stomach (belly). Focus their attention on how their belly goes up and down as they breathe. As the kids are focusing on their breathing the trainer can say:

1. Every inhale opens a door. Every exhale walks you right through.
2. Each inhale creates space. Each exhale moves you into the space.
3. Every inhale fills you up. Every exhale relaxes you.
4. Every inhale lifts and does the work for you. Every exhale softens or relaxes you right in.
5. Repeat.