

GRASSHOPPER

High-Energy Heroes: HIIT for Kids

1 hour · K – 5th · After School · Teacher: Dana Mhari Domingo

Instructions: This lesson plan is your starting point — feel free to edit, rearrange, or customize it to fit your teaching style and your students' needs! These notes are yours. They will not be published anywhere.

Topics Covered

High-Intensity Interval Training · Cardiovascular Endurance · Strength Building · Agility & Coordination · Healthy Habits · Team Motivation

Lesson Plan

1. Welcome & Energy Check-In (5 min)

- Gather students in a circle and have each child rate their energy level 1–10 using fingers
- Introduce the day's HIIT theme (e.g., 'Animal Athletes', 'Superhero Training') with enthusiasm
- Teach the day's motto or chant (e.g., 'Strong body, strong mind!') and practice it together as a group

2. Dynamic Warm-Up (8 min)

- Lead arm circles (forward and backward, 30 seconds each) while marching in place
- Guide students through leg swings holding a wall or partner's shoulder (10 each leg)
- Perform walking lunges across the space with high knees on the return (2 rounds)
- End with 20 jumping jacks counting loudly together to build group energy

3. HIIT Station Circuit (30 min)

- Set up 6 stations around the room with exercise cards showing proper form (burpees, mountain climbers, jump squats, plank hold, high knees, skaters)
- Demonstrate each exercise with correct form, having students mirror you and practice for 10 seconds

- Run 40-second work intervals with 20-second rest/transition time using a visible timer and upbeat music
- Rotate students through all 6 stations twice (12 minutes per round), calling out encouragement and form corrections throughout

4. Partner Power Challenge (10 min)

- Pair students up and assign partner exercises (wheelbarrow walks, partner sit-ups with high-fives, back-to-back wall sits)
- Have pairs complete 3 rounds of their assigned exercise for 45 seconds each with 15-second breaks
- Rotate partners halfway through so everyone works with someone new
- Award enthusiastic praise and have pairs give each other fist bumps after completing their challenge

5. Cool-Down & Mindful Stretching (5 min)

- Guide students to lie on their backs and take 5 deep belly breaths, placing hands on stomach to feel it rise and fall
- Lead gentle stretches: butterfly stretch (30 sec), seated forward fold (30 sec), child's pose (30 sec), lying twist (30 sec each side)
- Have students stand and shake out their whole body like a wet dog to release final tension

6. Reflection & Goal Setting (2 min)

- Ask students to share one thing that felt hard today and one thing they're proud of accomplishing
- Have each child set one personal goal for next week's session (e.g., 'do 5 more jump squats', 'hold plank for 10 more seconds')
- End with the group motto/chant and a celebratory group high-five or cheer

Materials Checklist

- Bluetooth speaker for music
- Interval timer (phone app or physical timer with loud beep)
- Laminated exercise cards with illustrations (6 stations)
- Cones or poly spots to mark station boundaries
- Yoga mats or towels for floor exercises
- Water bottles (students bring their own, plus extras)
- Whiteboard and marker for tracking goals
- Stickers or stamps for effort recognition

Age Adaptations

Younger Kids: Reduce work intervals to 30 seconds with 30-second rest periods. Use animal names for exercises (frog jumps instead of jump squats, bear crawls instead of mountain climbers). Provide more visual demonstrations and allow students to take extra breaks as needed. Focus on fun and participation over intensity.

Older Kids: Increase work intervals to 45 seconds with 15-second rest periods. Add challenge variations (burpee with push-up, single-leg jump squats). Introduce rep counting and personal record tracking. Allow students to suggest modifications to make exercises harder and encourage peer leadership during partner challenges.

Movement Break

Play 'Fitness Freeze Dance' – when music plays, students do high-energy moves (running in place, jumping, dancing). When music stops, they freeze in a strength pose (warrior pose, superhero stance, tree pose) and hold it for 10 seconds. Repeat 5–6 times with different freeze poses.

Bonus Activities

- Create a class 'workout chain' where each student adds one exercise and the group performs the growing sequence together
- Host mini relay races across the room doing different locomotor movements (crab walk, bear crawl, skip, gallop)
- Teach students to take their own pulse and count heartbeats to feel their cardiovascular system working
- Play 'Exercise Charades' where students act out different exercises and others guess what they're demonstrating

Series Outline (7 Weeks)

Week	Theme	Key Activities
1	HIIT Basics: Building Our Foundation	Teach proper form for 6 core exercises: jumping jacks, squats, high knees, plank, mountain climbers, burpees, Introduce work/rest interval concepts with simple 30-second on, 30-second off rounds, Practice breathing techniques and listening to body signals (good tired vs. pain)
2	Animal Athletes: Moving Like Nature	Perform animal-inspired HIIT exercises: frog jumps, bear crawls, crab walks, cheetah sprints, flamingo balance, Create an 'animal obstacle course' combining cardio and strength movements, Learn about how different animals use strength and speed in the wild

Week	Theme	Key Activities
3	Superhero Training Academy	Complete 'superhero missions' that require different fitness skills (speed, agility, strength, endurance), Introduce new power exercises: power skips, tuck jumps, lateral bounds, plyo push-ups, Students design their own superhero move and teach it to the class
4	Team Relay Races & Challenges	Divide into teams for HIIT relay races combining multiple exercises, Complete partner challenges requiring cooperation (mirror movements, synchronized squats, tandem planks), Play 'fitness bingo' where teams complete exercise combinations to fill their cards
5	Cardio Blast: Heart Pumping Fun	Focus on high-energy cardio exercises: burpees, jumping jacks, high knees, butt kickers, jump rope (imaginary or real), Teach students to monitor heart rate and recognize different exercise intensity zones, Play 'heart rate tag' where students must maintain elevated heart rates while playing a modified tag game
6	Strength & Core Power Week	Emphasize bodyweight strength exercises: planks, push-ups, squats, lunges, wall sits, superman holds, Introduce core-focused HIIT circuit: bicycle crunches, Russian twists, leg raises, plank variations, Complete a 'strength challenge ladder' where students attempt to beat their personal records from Week 1
7	Ultimate HIIT Championship & Celebration	Students vote on their favorite exercises from previous weeks to create the 'Ultimate Class Workout', Complete a final fitness challenge combining all skills learned (stations from all 6 previous weeks), Celebrate progress with certificates, share favorite moments, and students demonstrate exercises they've mastered to show growth



This lesson plan was drafted by Hopper, the Grasshopper Kids AI assistant. Want different results? You can [generate another plan](#), or text us with feedback so we can make the tool better. We built this to help save you time bringing more enrichment ideas to life!

grasshopperkids.com