

Session 1

Health and Movement: Tuesday, March 5th, 2019

1. Team building: Human Knot
https://www.youtube.com/results?search_query=human+knot+team+building+activity
2. Team Building: Back to back sitting and standing
<http://www.ventureteambuilding.co.uk/pair-and-group-stand-challenge/>
3. Yoga: Hips, Hamstrings, and lower back
<https://www.youtube.com/watch?v=gDQNqZMv1V0&t=32s>

Health and Movement: Tuesday, March 19th, 2019

1. Mirroring - <http://www.ventureteambuilding.co.uk/mirroring/>
2. Fitness Musical Hoops:
<https://www.tes.com/teaching-resource/kings-and-queens-rock-paper-scissors-fitness-physical-education-activity-11762660>
3. Yoga: Hands
4. Meditation if time allows

Health and Movement: Tuesday, March 26th, 2019

1. Warm up - [Red light, Green light](#); [Donkey Tails](#)
2. Foam Rolling
3. Meditation

Health and Movement: Tuesday, April 2nd, 2019

1. [Exercise Circle](#)
2. [Amoeba Tag](#)
3. Yoga - [Neck](#)
4. Meditation

Health and Movement: Tuesday, April 9th, 2019

1. [Zumba](#)
2. Yoga - [Hands, Arms, Shoulders](#)
3. Meditation

Health and Movement: Tuesday, April 16th, 2019

1. [Fitness Musical Hoops](#)
2. [Yoga - Hips, Hamstrings, Lower back](#)
3. Meditation

Health and Movement: Tuesday, April 22nd, 2019

1. [Fitness Musical Hoops](#)
 - jumping Jacks, v-skipping, v- hula hoops, walking on the spot, high knee walk, side to side step or hop, diamond steps, helicopter, hand raises, clapping, hopping on the spot
 - Squats, tip toes, standing resistance push ups (wall), standing resistance push ups (partner), band/book/partner curls, band/book pull ups, /book shoulder press, band/book back squeezes, planks, sit ups, mountain climbers
2. <https://www.youtube.com/watch?v=oS0fs2yfkV0>
3. Meditation

Session 2

Health and Movement: Tuesday, June 4, 2019

1. <https://www.youtube.com/watch?v=R0mMyV5OtcM>
2. [Bandaid tag and lighthouse and ships](#)
3. [10 minute yoga for beginners](#)
4. Meditation

Health and Movement: Tuesday, June 11, 2019

1. [Warm up](#)
2. [Dangerous Dogs, Peg Invasion](#)
3. [Short yoga](#)
4. Meditation

Health and Movement: Tuesday, June 18, 2019

1. [Yoga Warm up](#)
2. [Moving game warm up \(Mr.Man\)](#)
3. [Hula Hoop Rescue](#)
4. Meditation

Health and Movement: Tuesday, June 25, 2019

1. <https://www.youtube.com/watch?v=PoigMEUIy-4>
2. Meditation

Session 3

Health and Movement: Tuesday, July 2, 2019

1. Forest walk

Health and Movement: Wednesday, July 3, 2019

2. <https://www.youtube.com/watch?v=PoigMEUIy-4>
3. Meditation

Health and Movement: Tuesday, July 9, 2019

1. Yoga - [Hands. Arms. Shoulders](#)
2. Meditation

Health and Movement: Wednesday, July 10, 2019

1. Favorite Things Lesson

Health and Movement: Wednesday, July 16, 2019

1. [Yoga - Lower Back](#)
2. Meditation