Candyland Fitness

School: WMES

Students- IEPS-Time frame:

- Alexis – 9:20-9:50
  o Jump rope/ catch ball from toss and bounce
- Victoria- 9:55-10:20
  o Throwing/ hopping/ jump rope
- Aarushi – 9:55-10:20
  o Jump rope/ catch ball form toss and bounce
- Noah- 12:00-12:25
  o Throwing overhand and underhand/ jump rope

Candyland Fitness

Red Locomotors Skills – no equipment

  o Jumping
  o Skipping
  o Hopping
  o Leaping
  o Sliding
  o Galloping

Blue Arm Strengthening- one chair, thera band

  o Chair dips
  o Arm circle backwards
  o Arm circle frontwards
  o Seal ups
  o Bear Walk
  o Arm pumps

Purple Core Strengthening – jump rope

  o Trunk twister
  o Plank
  o Bear Hug
  o Curl up heel
  o Invert
  o Curl up knees

Green Manipulative Skills – One green kickball, one racquet, one tennis ball,
- Strike with hand
- Strike with racquet
- Toss to self and catch
- Throw overhand
- Throw underhand
- Kick ball

**Orange Stretching** - no equipment

- Quad stretch
- Straddle
- Straight out point
- Straight out flex
- Arm across
- Arm Back

**Yellow Leg Strengthening** – no equipment

- Squats
- Jog in spot
- Kick backs
- Knee touches
- Frog up
- Crab walk

**Special Cards**

- Bag of balls
- Tennis balls to throw for snow
- One hula hoop