

**FITNESS WITH FRIENDS
FALL 2016**

Activity	Dates	Description	Goals/ Objectives
<p>Fighting Chickens Warm-up (Various exercises) Yogarilla - Yoga Exercises Cool Down</p>	<p>September 5th-9th September 19th-22nd</p>	<p>Students will hop around on one foot making a wing with the opposite hand, trying to take as many bandanas as possible from the other students.</p>	<p>Students will demonstrate balance and hand-eye coordination while in movement.</p>
<p>Gate Ball Warm-up (Various exercises) Yogarilla - Yoga Exercises Bounce and Catch Cool Down</p>	<p>September 12th-15th September 26th- 29th</p>	<p>Students will sit in a circle with their legs open. There will be a ball in the middle of the circle that will be passed around by every person. The goal is to not let the ball come between your legs or else you are out.</p>	<p>Students will demonstrate stretching techniques and hand-eye coordination.</p>
<p>Tease the Wolf Warm-up (Various exercises) Trampoline practice Yogarilla - Yoga Exercises Running Drills Cool Down</p>	<p>October 3rd- 6th October 17th -20th</p>	<p>Students will listen for the wolf to say "I'm ready!" before running away from him. The wolf give several excuses and when he says "I'm ready!" that is when all the students run away from the wolf.</p>	<p>Students will demonstrate turn-taking, listening and running skills.</p>
<p>Fishing Nets Warm-up (Various exercises) Ocean Waves & Fish Cool Down</p>	<p>October 10th-13th October 24th-27th</p>	<p>Students will be moving around in a circle under two students arms that are up in the air while music playing in the background. Once the music stops the student that is trapped between the two students is out.</p>	<p>Students will demonstrate gross motor skills such as running, walking at varying paces, and listening skills.</p>
<p>Pass the Hoop Warm-up (Various exercises) Circle Square Challenge Cool Down</p>	<p>November 7th-10th November 28th- Dec.1</p>	<p>Students will stand in a line holding hands while passing through one hula hoop down to the other end without breaking hands.</p>	<p>Students will demonstrate fine and gross motor skills as well as listening skills.</p>
<p>Don't Touch Warm-up (Various exercises) Soccer Drills Cool Down</p>	<p>October 31st-November 3rd November 14th-17th</p>	<p>Students will stand in a circle and complete various tasks without touching others.</p>	<p>Students will demonstrate gross motor skills, balance, and team building skills.</p>

◆ Each activity will utilize skills as instructed in the Autism Movement Therapy curriculum. Each skill/exercise is completed twice a month to ensure that each student has successfully mastered each concept of the featured activity of the week. Each session consists of a 5-10 minute warm-up and 20-30 minutes of a practice activity which builds upon skills that are needed to complete the featured activity. (Featured activities are in bold print). A 5-10 minute cool down is completed at the end of each session.