



# DELAWARE 4-H

## Healthy Living

### STRENGTH AND FLEXIBILITY STANDING EXERCISES

#### GOALS

To review concepts of flexibility, strength, and endurance. Participants will gain skills in the areas of flexibility and strength, and will feel comfortable doing these activities on their own. Participants will have fun and develop self-esteem and confidence about exercise.

#### SUPPLIES

- This sheet of paper
- Attached sheet with pictures and instructions
- Ask youth in advance to wear sneakers or shoes that do not slide.

#### TIME REQUIRED

20-30 minutes

#### SUGGESTED AUDIENCE

Ages 8 and up

#### PROCEDURE

1. Gather youth in a line facing the instructor. They will need to be far enough apart to be able to extend their arms.
2. Tell them they will be playing a game to learn some strength and flexibility exercises that they can do at their home for 15 minutes each day.
3. Explain that strength activities build our muscles, and flexibility activities enable us to maintain the range of motion for our muscles. These are just two aspects of physical fitness.
4. Explain that the third aspect is endurance and includes activities that make it feel harder to breathe. We will learn more about these activities next time.
5. Once youth are lined up facing the instructor, have the instructor explain each position on the attached sheet, then have youth perform that activity. Move on to the next position and teach as written. After all positions have been taught, follow the sequence without stopping.
6. For a bonus activity, involve youth in leading it. Have them take turns calling out 3 positions, always starting at Mountain. For example, youth may call out Mountain, Bird, Chair, and the next youth calls out Mountain, Frog, and Gorilla.
7. Allow youth to take turns calling out positions as long as they wish.

#### REFLECT: Ask Youth

1. Which activities felt like you were building muscle?
2. Which activities felt like you were stretching your muscles?
3. Did any activities feel like you were doing both at the same time?

#### APPLY: Ask Youth

1. After doing these activities, do you think you could do these at home?
2. When might you do them?
3. Which activities did you find the hardest? And which were the easiest?
4. How will you share this information with others?

**Note:** Encourage everyone to stay together but at their own ability and comfort, and to stop if they need to rest.

*Thank you for participating in this fun activity!*



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Our thanks for supporting DE 4-H  
"Youth Voice, Youth Choice"  
building healthy communities  
through engaged youth!

## LOBSTER

Squat with toes and knees pointing towards the wall. Place arms and hands in position as shown. Pretend fingers are pinchers and make funny faces at your friends. Swing arms down and cross, while squatting up and down at the same time to warm up your muscles. Hold the position for 8 seconds when you feel slightly out of breath.



## MOUNTAIN

Stand straight with feet planted firmly on the floor. Feet should be slightly apart (about 2 fists in between). This is the position to return to when you wish to restart the group. Arms should be comfortable at sides, face relaxed, should back and down.



## WINDMILL

Start from standing position with arms extended at sides, cross over body and go as close to a toe touch as comfortable. Come back up and cross to other side. Repeat 8 times.



## WATERFALL

From Mountain position, lean slightly back with arms and fingers pointing behind you as shown. Hold for about 4-8 seconds as you feel comfortable. Return to Mountain position.

## BIRD

From Mountain position, stand on tiptoes (knees slightly bent). Turn arms behind you and commence flight! Hold for 8 seconds or as students are able.



## RAG DOLL

With knees slightly bent, bend slowly towards the ground. Participants do not need to touch the ground, anywhere on the leg is fine. Just hang and relax for 8-16 seconds.



## CHAIR

Start from standing position with arms extended at sides, cross over body and go as close to a toe touch as comfortable. Come back up and cross. Do other side. Repeat 8 times.



## TREE

From Mountain position, lean slightly back with arms and fingers pointing behind you as shown. Hold about 4-8 seconds as you feel comfortable. Return to Mountain position.





## FROG

From Mountain position, squat down with feet and hands flat on the floor. Youth may enjoy jumping, saying “ribbit” and having fun acting like frogs. Hold the position for 16 seconds if youth choose not to jump.



## DOG

From Mountain position, extend both feet behind you and make a V with your body. Heels do not touch the floor.



## GORILLA

From Frog position, stand up a little taller in a gorilla-like position, swinging arms back and forth. Youth will enjoy the chance to swing their arms and act like an animal. Swing arms back and forth at least 4 times, more if the youth are having fun.



## WARRIOR 1

From Dog position, bring your right foot up to between your hands, and slowly rise your body up until you are in a lunge position. The back foot should be turned away from the opposite foot, hips forward, and arms up. Hold for 8 seconds, return to Dog position, and bring up the left foot between hands, raise into a lunge, and turn right back foot away from the other as in the picture. Hold again for 8 seconds.

