5 and 6-year-old At-Home Training Lesson 5: BALANCE

Section 1: Static Warm-ups
- Arms: Hold intermediate push-ups for 10 seconds - Raise your body off the ground with your palms, while keeping your knees, hips, and head aligned. Make sure your toes remain pointed towards the ceiling.
- Legs: Hold squats position for 10 seconds - Lower your body into a deep squat position while your arms remain extended in front of you.
- Abs: Hold beginner dish for 10 seconds - Raise your shoulders off the ground. Try to keep your feet together and try not to bend your knees.
- Core: Hold beginner bridge for 10 seconds - Raise your body off the ground with the palms of your hands and your feet, as if you were a table.

Assignment Overview:
- Today you are going to work on BALANCE.
- Here are the three BALANCE tips that I want you to practice today:
    1. Keep your hands up when you kick.
    2. Keep your head up while you kick.
    3. Keep your tummy strong while you kick.

Section 2: Skill-building drill (Do three sets per leg)
- Alphabet: You will practice your BALANCE by kicking while saying the letters of the alphabet and keeping your leg in the air in between each kick.
- Juggling kicks: You will stand with your leg in the air while passing a ball behind your back, then do 1 kick, add a kick on each rep while keeping your leg up.

Section 3: Passive stretches
- Hold bow and arrow stretch for 10 seconds - Cross one arm across your body. Use the opposite arm to hold it to your chest locking arms at the elbows or slightly higher.
- Hold backbend for 10 seconds - Stand with feet wide apart. Place hands on your hips. Keeping your head up, bend as far back as you can without falling over.
- Hold front leans for 10 seconds - Stand with feet together. Exhale out as you slowly lean forward. Do not reach for your toes, simple let your body hang while stretching your Back, Hamstrings, and Calves.
- Hold middle splits for 10 seconds - From a standing position place hands on the floor. Slowly slide your feet out to the sides. Stop when your knees start to bend.