



## 5 and 6-year-old At-Home Training Lesson 6: DISCIPLINE

### Section 1: Active Warm-ups

- Arms: Shoulder taps for 10 reps - You will tap your left shoulder with your right hand, and then tap your right shoulder with your left hand.
- Legs: Beginner squats for 10 reps - You will lower your body into a deep squat position while your arms remain extended in front of you, and then raise your body back up.
- Abs: Sit ups for 10 reps - You will raise your shoulders off the ground, and then lower them back to the ground.
- Core: Bridge with side taps for 10 reps - Tap the side of your leg with your hand, alternating arms.

### Assignment Overview

- Today you are going to work on DISCIPLINE.
- Here are the three DISCIPLINE tips that I want you to practice today:
  1. Challenge yourself.
  2. Give it your best.
  3. Follow directions on your own.

### Section 2: Skill-building drill (Do three sets)

- Self-motivation: You will practice your discipline by picking how many reps to do for each exercise above by picking 5, 10, or 15 reps, and then perform those reps on your own. This will help you build good emotional skills as you challenge yourself to do more than what is expected.
- On your own: You will practice discipline by running to the other side of the room and doing your 4 best push-ups, then running back and doing 4 kicks. You will continue this for 4 sets without cheating while also giving your best effort.

### Section 3: Active stretches

- Arm circles backwards and forwards for 10 reps each - Swing your arms in large circles to the front and then to the back.
- Ski's for 10 reps each - Stand with feet together. Place your hands on your knees. While keeping your knees together, move them in a large circular clockwise motion, then switch directions.
- Side lunges for 10 reps - Stand with feet together. Step out to the side with one foot. Bend your knee while keeping your hands on the floor. Alternate sides.
- Cross over toe touches for 10 reps - From a standing position cross one leg over the other, keeping feet close together. Place one hand over the other and lean forward to touch your toes. Alternate sides.