

## Felisterio Board Instructions



### **Jumping Jacks**

**Challenge:** Two minutes straight, and make sure to move those legs, and keep those arms up!

**Figure 8:** Dribble the shape of the number

8 Around 2 cones separated about 3 feet apart. (Be creative, use socks, books, building blocks, shoes). Gradually bring the cones closer to each other to make it harder to control the ball through them. Level 1 is using both feet, level 2 is using your dominant foot only, and level 3 is using your other foot only.

**Be a Tree:** Time how long you can stand on one leg like a tree [hands on your hips, one leg elevated]

**Biathlon:** 15 seconds of running in place, 15 seconds of laying on your back “riding” a bicycle. Then repeat 3 times.

**Crab Attack:** In a sitting position, bend your knees and have your feet flat on the ground. Put your arms behind you to lift yourself up, yikes! You turned into a crab!! Walk forward and backwards as a crab until you cant hold yourself up anymore. How long did you last as a crab?

**Toe Taps:** Use any kind of ball (a soccer ball is better) tap the top of the ball with your foot and change foot, put on your favorite song and tap away. Can you do it for the entire song?

**Reach For It:** While standing up elevate your legs one at a time with your arms out straight in front of you. Try touching your toes without bending your arms or legs.

**Around The World:** Let's go on an adventure, start by grabbing 6 toys and spread them out around a room. With a ball, either dribble with your feet like you do in soccer or your hands like you do in basketball, visiting each of your toys, circle around each toy twice before moving on to the next one. Remember to clean up your mess when you are done!

**V Up's:** While laying flat on your back, create a “V” shape by raising your legs and arms up, slowly bring them back down to a flat “L” shape, and repeat this 20 times.

### **On Thin Ice**

With stiff legs pass the ball in between them pretending that you are on an iceberg. Be careful! You have to keep the ball in between your feet or itl escape into the water.

### **Hammer Time:**

Lay down on your back. Take a ball and squeeze it with your feet. Lift your legs and the ball all the way up, and slowly bring them all the way down without dropping the ball. Hammer AWAY!

### **Top of the World:**

Stand on your tip toes and raise both arms to the sky. Hold the pose for 15 seconds. Rest and repeat 3 times.

**Dance Party:** Show off your best moves!! Put on some music and dance away!

### **Invisible Chair**

Sit up against the wall as if it were a chair. How long can you sit before you have to stand up? Try to “sit” for one minute! Remember, don't hunch your back - its easiest if you pretend you are actually sitting in a chair.

**Elevator:** You are entering a 15 floor building, and someone pressed every floor button!! This means you have to go up every

floor before you reach the top floor. Complete this exercise by getting in a squat position; feet shoulder distance apart, toes pointing forward, back straight. Pretend to touch the elevator button, and lower your body down, knees bent, back straight, slowly come back up to standing. Repeat this squat 15 times, pretending to climb up a floor every time!

### **High Knees:**

With both arms straight out, try to move your legs up so that they touch your arms. Don't let your arms drop down while trying.

**High Jump:** Have someone hold up a ruler and measure how high you can jump. Measure from where the sole of your feet reach the ruler. Repeat this 10 times and report your top score.

**Long Jump:** Using a tape measure, bend your knees, and propel your body forward as you jump. Repeat this 10 times and report your top score. Think about how you are jumping, and how you could use your body to propel yourself further!

**Inch Worms:** Stand up straight then bend down to put your hands to the floor. Walk your forward, until you can't anymore while your feet stay in the same place, then walk your hands back until you can stand up straight again. Complete 20 Inchworms.

**Boulder Crane:** This is a hard one, try your best and practice, practice, practice. Place a ball on your foot and raise your foot to create a "v" until the ball is supported on your foot. Then try to slowly elevate your leg up and down without dropping the ball.

**The Baker:** Use a tee shirt, hand towel, or a small cloth. Roll it up and put it on top of your foot, kick it straight up and catch it. Try to see how many times you can do it without dropping your "pizza dough"

**Jump, Jump Revolution:** Use a piece of string, shoelace or rope, it should be no longer than 1 foot long so that you can jump over it from one end to the other. Place it straight out on the ground. Put on your favorite song and jump to the following pattern until the song ends: **FORWARD → BACKWARD → LEFT → RIGHT**

**\*\*Forward means to face the rope in front of you and jump over it, backward simply means to jump backwards, while left and right means to turn so you can jump sideways to the right or left\*\***

**Best Step Forward:** Complete five lunges in place with one foot, and then do 5 with your other foot. Remember, keep your back straight, arms out to help you balance, take a step forward with one foot and lower your back leg towards the ground. Do this slowly, and notice which leg feels stronger.

**Back to the Future:** Dribble a basketball/ any bouncy ball while moving backwards. Can you sing your favorite tune while doing so?

**Frogger:** Get in position like a frog and hop around for 20 seconds. Take a rest and then try for 40 seconds. Rest again and try for a whole minute. To get the best workout, do not rush through this. Make sure you go all the way down, hop up, and come back all the way down.

