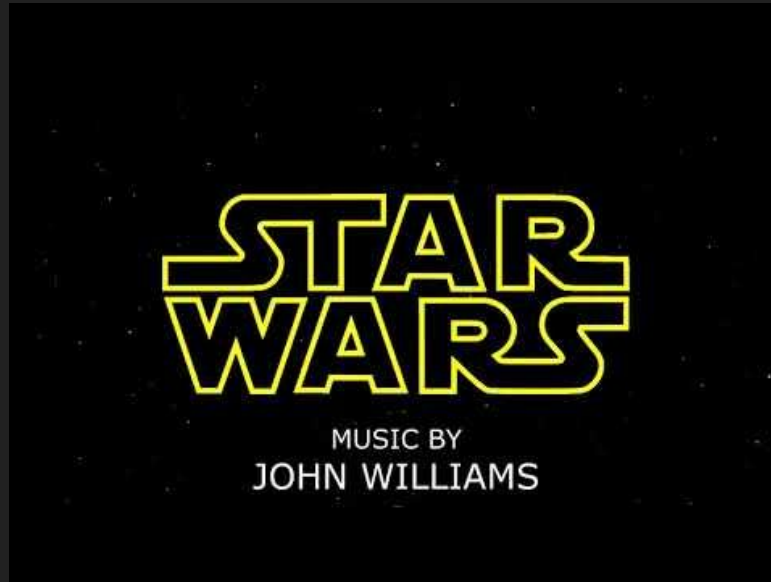




Star Wars Fitness

Created by Ms. Santoianni
Physical Education Department
Monroe Woodbury School District

Click “present” in top right corner for full screen experience. Use the mouse or arrows to go to next or last slide. For theme music you can play this video in another tab.... Or your own workout music!



What you need:

- 1) An open area to move around
(about 3 big steps in every direction)
- 2) A Stopwatch or Timer
- 3) Your parents permission to defeat a Sith Lord

A long time ago in a galaxy far, far
away...

Choose Your Jedi Character

Rey - PERFORM 3 Jumps



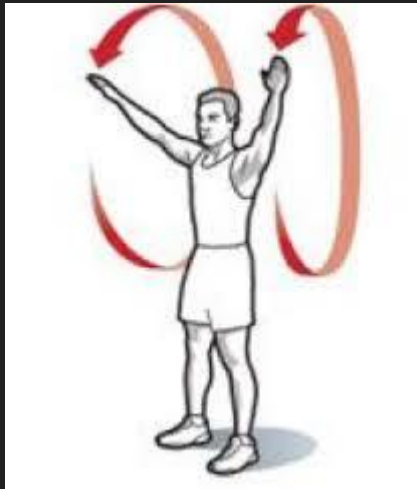
Luke - PERFORM 3 Pushups



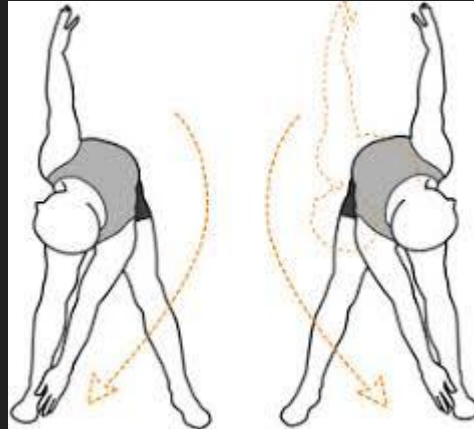
Start your Jedi Warm up before your mission



Arm Circles



Alternating Toe Touches



High Knee Marching



Your Jedi Mission is to rescue your robot companions, R2D2 and C3PO. They have been kidnapped by an Evil Sith Lord! The location of the robots is unknown so you must travel to a nearby planet to find out from your VERY old friend...

YODA!



What ship will you use to fly there?

X - Wing - 10 jumping jacks



Mellenium Falcon - 10 Squats



As you're flying through the galaxy some alien bounty hunters find out your mission and begin to chase you. Go into hyper speed (run in place) for 1 minute!



You found Yoda! But he needs you to practice some deep breathing first! Stand Tall - Shoulders back - Take a deep breath in for 5 seconds and then breath out for 5 seconds. Do this 6 times!



Yoda tells you the location is on the strange Planet called Woodbury Commons - You get excited and feel like dancing. Which dance move will you do for 30 seconds?!

The Force Floss



BB8 Robot Dance

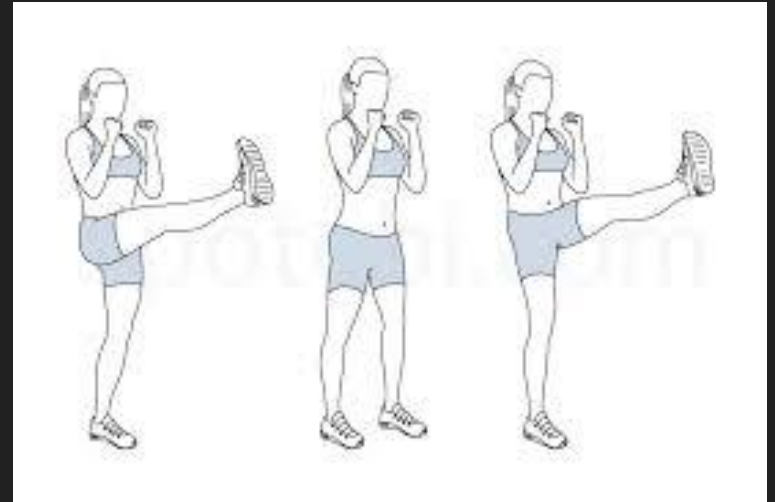


You begin your journey back to your trip but looks like there's a monster in the swamp! How do you beat the monster? 30 seconds! GO!

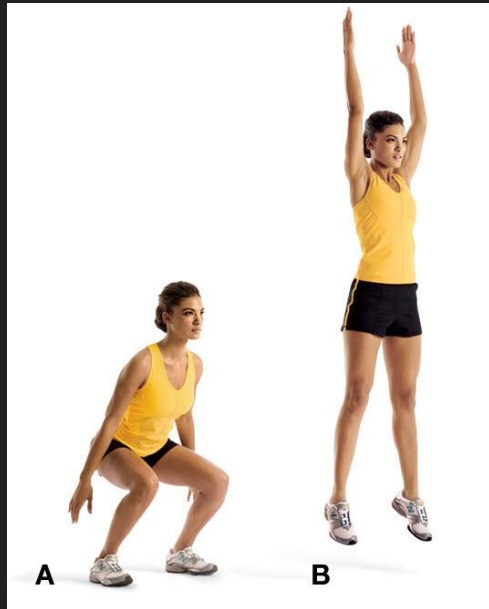
Air Punches (be SAFE)



Air Kicks (be SAFE)



Nice Job You beat him! And look who's here to help in this mission. It's your furry friend CHEWY! You want to high five him but he's a little tall - do 15 high jumps!



Back to the ship and back to hyper speed! Let's go get your robot friends!

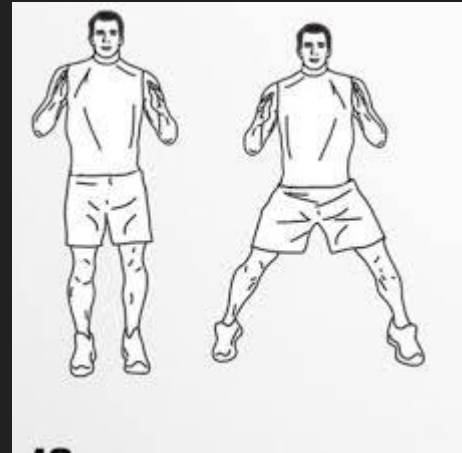
High Knees



OR



Half Jacks



WOW we're at the Planet Woodbury Commons. So STRANGE! But it's a rough landing! Hold one of these two poses for 30 seconds until we land safe!

Plank



Crab Plank



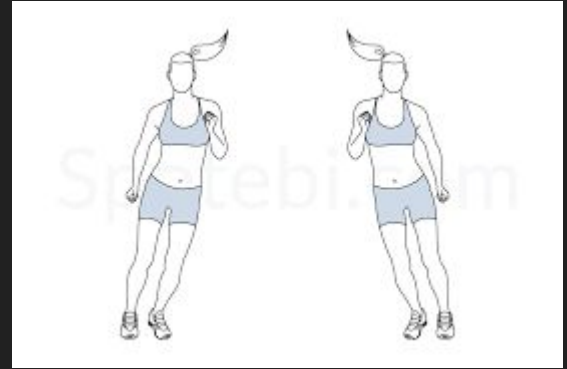
Chewy brought along your lightsaber collection pick your color by speed walking to an object in the house that has the same color you want then speed walk back.



Once you get off the ship there are Storm Troopers there to meet you! Use your Jedi Mind tricks by holding your hand out and saying “These are NOT the Jedi’s you are looking for” ...



Look at that! They believed you and are walking away. Okay now lunge OR side jump your way to the Sith Base



Looks like this is where C3PO and R2D2 are! But the door is shut! Use your Jedi strength to open it by performing one of these. **SAFETY: MAKE SURE THE CHAIR DOESN'T MOVE!**

Chair or Couch Pushups



Chair or Couch Dips



Oh No! It's Darth Vader Himself!



Right away he knocks you down with his force powers! Safely find a spot to lay down and do one of these to get back up:



Use one of the following to throw him off balance!

Tree Pose



Warrior 3



It worked but only for a second...What do you do next?

DANCE BATTLE - Show your best dance moves for 30 seconds



Burpee Competition! How many Burpees can you each do in 30 seconds!



YOU WON!



You got your robot friends back! How will you celebrate?

Play again but do the other exercises!



Get a tall glass of water and rehydrate!





Found in the back of
Ms. Santoianni's car...
Coincidence?

WE THINK NOT!

Created by Ms. Santoianni
Physical Education Department
Monroe Woodbury School District