

FOCUS ON FUNDAMENTALS RESOURCE PLAYLIST

WARM UP ACTIVITIES SECTION (pgs. 1-66)

STABILITY SKILLS

Activity	Song	Artist
ANIMAL BALANCE	Beautiful Creatures	Andy García, Barbatuques & Rita Moreno
BRIDGES AND RIVERS	Better When I'm Dancin'	Meghan Trainor
COOPERATIVE FITNESS BASEBALL	Everybody Gonfi Gon [New Atlantic Edit]	Two Cowboys
FORCE FIELD TAG	24K Magic	Minipop Kids Version
FOUR CORNER SHUFFLE	Can't Stop the Feeling	Justin Timberlake
NOODLE POPPER TAG	You're a Superstar (City of Love Club Mix)	Love Inc.
PLANK TAG	Shake It Off	Taylor Swift
TEETER-TOTTER	Handclap	Fitz & The Tantrums
TORNADO	Zombie Nation (Original Radio Edit)	Kernkraft 400
TRIANGLE CHASE	Game On (The Official 2010 FIFA World Cup)	Pitbull, TKZee & Dario G

LOCOMOTOR SKILLS

Activity	Song	Artist
BOUNCE GENERATION DANCE	Bounce Generation	TJR & Vinai
CROSSOVER	Don't Stop the Rock	Freestyle
CROSS THE SWAMP	<ol style="list-style-type: none"> 1. The Beauty of Science 2. You Rock My World (Radio Edit) 3. Happy (Despicable Me 2) 4. Walking on Sunshine 5. Let's Get Ridiculous 	<ol style="list-style-type: none"> 1. Kerry Muzzey 2. Michael Jackson 3. Pharrell Williams 4. Katrina & The Waves 5. Redfoo
I SEE...WHAT DO YOU SEE?	It Takes a Village	Benjamin Bidlack
LIFE RAFT	Under the Sea	Samuel E. Wright
LOCOMOTOR LOOPS	Happy (Despicable Me 2)	Pharrell Williams
PARTNER CHASE	Let's Go (feat. Ne-Yo) [Radio Edit]	Calvin Harris
SHAKER TAG	Do Your Thing	Basement Jaxx
TREASURE HUNT TAG	Something Big	Shawn Mendes
WIPE OUT TAG	Wipe Out	The Surfaris

MANIPULATIVE SKILLS

Activity	Song	Artist
ASTEROIDS	A Sky Full of Stars	Coldplay
BODY GOLF (BOLF)	On Top of the World	Imagine Dragons
CIRCLE STRIKE	I Want You to Know	Zedd (featuring Selena Gomez)
DESTROYERS AND ARCHITECTS	Tsunami	DVBBS & Borgeous
FIREBALL	Fireball	Pitbull OR Minipop Kids
NOODLE POPPER TARGET TAG	One More Time (Radio Edit)	Daft Punk
ONE VS ONE KICKBALL	Walking On Sunshine	Katrina & The Waves
PASS & PURSUE	A Little Less Conversation (JXL Radio Edit)	Elvis vs. JXL
POOL PLAY	Wipe Out	The Surfaris
ROCKET BLASTERS	Jump (For My Love)	The Pointer Sisters

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LESSON PLAN ACTIVITIES SECTION (pgs. 67-128)

STABILITY SKILLS

Activity	Song	Artist
CHALLENGE YOUR BALANCE	Something Just Like This	The Chainsmokers & Coldplay
FOCUS ON FITNESS	The Walker	Fitz & The Tantrums
GUARD THE PINS	Viva La Vida	Coldplay
GUARDIANS OF THE GALAXY	Space Jam/I Got U	Quad City DJ's/Duke Dumont (feat. Jax Jones)
HOOP CHALLENGES	Right Back Where We Started From/Cupid Shuffle	Maxine Nightingale/ Cupid
ICEBERGS	Cold Water	Major Lazer (feat. Justin Bieber)
MISSION ACCOMPLISHED	Ain't It Fun/All Star	Paramore/Smash Mouth
SHAKER STATIONS	I Like to Move It/This Girl	Erick Morillo & Sacha Baron Cohen & Kungs/Cookin' On 3 Burners
SPINNER FITNESS	You Spin Me Round (Like A Record)	Dead or Alive
TEAM TAG	Feel It Still	Portugal. The Man

LOCOMOTOR SKILLS

Activity	Song	Artist
CAPTURE KICKBALL	Danger Zone & Just Like Fire	Kenny Loggins & Pink
HEALTHY HABITS	Peanut Butter Jelly Time (Radio Version)/Tremor	Chip-Man & The Buckwheat Boyz/ Dimitri Vegas, Martin Garrix, Like Mike
KANGAROOS AND RABBITS	Beautiful Creatures/Jumpstart	Andy García, Barbatuques & Rita Moreno/These Kids Wear Crowns
LEAP, STOP AND THROW	Blame It On the Boogie	The Jacksons
LUCK OF THE ROLL	Turn Down For What	DJ Snake & Lil Jon
ON THE SPOT FITNESS	Tung!	Deniz Koyu
PIRATE INVASION	Riding the Storm/Run Runaway	Running Wild/Great Big Sea
SCAVENGER HUNT	Can You Feel It (Single Edit)	The Jacksons
TEAM PURSUIT	Wake Me Up	Avicii
TREASURE HUNTERS	Budapest/Footloose	George Ezra/Kenny Loggins

MANIPULATIVE SKILLS

Activity	Song	Artist
CASTAWAYS	Ordinary Day & I Will Wait	Great Big Sea & Mumford & Sons
CASTLE PROTECTORS	C'est La Vie	Khaled
CONTINUOUS KICKBALL	Centerfield	John Fogerty
GORILLA GLOVES	Jungle Bae	Skrillex and Diplo
ROUND UP	The Middle/ We Are One (Ole Ola)	Jimmy Eat World/Pitbull
SQUARE OFF	Boogie Shoes/Roar	KC and the Sunshine Band/Katy Perry
SHUFFLE THE PINS	Na Na Na/Just One More Time Baby	Pentatonix/Chocolate Puma Firebeatz
SPOT BALL	My Way	Calvin Harris
SWITCH IT CRICKET	Just Like Fire	Pink
TOPPLING TOWERS	Stayin' Alive	Bee Gees

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COOL-DOWN ACTIVITIES SECTION (pgs. 129-190)

STABILITY SKILLS

Activity	Song	Artist
BEAN BAG SLIDE	I'm Yours	Jason Mraz
HOOP CIRCLE PASS	Hold My Hand/Hina Na Ho	Jess Glynn/ Susan Aglukark
OVER-UNDER-AROUND-THROUGH	Me and My Gang/The Twist	Rascal Flatts/Chubby Checker
PLOCKEY (PLANK HOCKEY)	Fight Song	Rachel Platten
SNEAKY SNAKES	Snake Charmer	Punjabi MC
STATUE STRETCH	Let Your Hair Down	MAGIC!
STRETCH TAG	Waiting on the World to Change	John Mayer
THE GREATEST DANCE	The Greatest	Sia
TWO WALL STRETCHES	Walking On a Dream	Empire of the Sun
UNDER THE BRIDGE	Riptide	Vance Joy

LOCOMOTOR SKILLS

Activity	Song	Artist
CONNECTION	Count On Me	Bruno Mars
DOUBLE UP TAG	Brand New Day	Massari
TUG OF WAR	Gonna Fly Now (Theme from Rocky/2006 Remaster)	Bill Conti
HIDE AND SNEAK	Good To Be Alive	Meghan Trainor
LET ME SEE...PARDON ME	Toner (Instrumental Suite)/Animals	Christophe Beck & Mark Kilian/Martin Garrix
MINE FIELD	Firework	Katy Perry
THIRD TIME A CHARM	Cheerleader	Omi
PARTNER ROCK, PAPER, SCISSORS	Come With Me Now	KONGOS
TREES & SQUIRRELS	Rockin' Robin	Michael Jackson
MUSIC MOVES	We No Speak Americano (Radio Edit)/ Axel F (Radio Edit)	Yolanda Be Cool & DCUP/Crazy Frog

MANIPULATIVE SKILLS

Activity	Song	Artist
BOODLE	Levels	Avicii
CLEAR OUT	Sandstorm	Darude
500...JACKPOT!	Watch Me (Whip/ Nae Nae)/Where Are U Now (feat. Justin Bieber)	Silento/Skrillex
FIVE PASS	Sing Sing Sing/Pop Goes the World	Benny Goodman/Men Without Hats
MISSION TO CATCH	Put Your Hands Up (Radio Edit)	DJ Tonka
OVER/UNDER	Waves (Robin Schulz Radio Edit)	Mr. Probz
PRECISION PASSING	Don't Stop 'Til You Get Enough	Michael Jackson
SPOT TO SPOT	Life Is a Highway	Rascal Flatts
TARGET TOSS	U Can't Touch This	MC Hammer
ULTIMATE CONCENTRATION	Peter Gunn Theme/Smash!	The Blues Brothers/Ummet Ozcan