

<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Kettle Bells</li> <li>• 2 Sandbells</li> </ul>	<b><u>Relay Race</u></b> <ul style="list-style-type: none"> <li>• Dots/Poly Spots</li> </ul>	<b><u>PE Game</u></b> <ul style="list-style-type: none"> <li>• 4 Playground Balls</li> <li>• 8 Tall Cones</li> </ul>
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<b>Warm-Ups (5 min.):</b> Mark start and end points 25 yards apart and have players go down and back.	
	<p><b>Warm-Up 1:</b> Toe Walks</p> <p><b>Warm-Up 2:</b> Heel Scoops</p> <p><b>Warm-Up 3:</b> Quad Stretch</p> <p><b>Warm-Up 4:</b> Heel Walks</p>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Squat Hold w/Kettle Bell</p> <p><b>Station 2:</b> Back Lunges</p> <p><b>Station 3:</b> Single-Leg Toe Touch</p> <p><b>Station 4:</b> High Knee Runs</p> <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. Stations should be approximately 25 feet apart.</li> <li>• Divide the players into 4 small groups—1 group per station.</li> <li>• All players begin at the same time by performing the fitness skill at their station for 30 seconds. When time is up, players can rotate by skipping, jogging, hopping, or running to the next station.</li> <li>• Players should complete each station at least 3 times.</li> </ul>
<b>Game (10 min.)</b>	<p><b>Burpee Wave</b></p> <ul style="list-style-type: none"> <li>• Form a circle with all players.</li> <li>• Set one sandbell in front of one player and another sandbell in front of a player on the opposite side of the circle.</li> <li>• Players with the sandbells start the wave by placing their hands on the sandbell, jumping their feet back into a push-up position, jumping back in, and standing up while picking up the sandbell to pass it to the right.</li> <li>• Repeat this until the sandbells make it back to where they started.</li> </ul>

<b>Relay Race (15 min.)</b>	
<b>Setup</b>	Set up obstacle course or relay in a space that accommodates the size of the group.
<b>Relay Instructions</b>	<ul style="list-style-type: none"> <li>• Use the rules for musical chairs, but play with dots.</li> <li>• Spread out dots, using one less dot than the total number of players. For example, if there are 20 players, spread out 19 dots.</li> <li>• Before the music starts, coach should call out how players will move around (run, skip, hop, jump, etc.) When the music starts, players move around the dots. When the music stops, players find a dot and do a squat hold in place until the music starts again. The player without a dot is out.</li> <li>• The coach should remove a dot after each round until there is one player left.</li> <li>• Repeat game for time.</li> </ul>

<b>PE Game: Dribbling Relay (15 min.)</b>	
<b>Setup</b>	This is a relay race. It is best to set up on a basketball court where 4 cones are placed on one baseline and 4 cones placed on the other.
<b>Game Instructions</b>	<p>Goal of the game: To work on basketball dribbling skills.</p> <ul style="list-style-type: none"> <li>• Divide the class into 4 teams. Have teams each stand behind a cone and give each team a ball.</li> <li>• On “Go”, the first player in the team dribbles the ball using their hand down to the far cone and back.</li> <li>• Then they pass it to the next player.</li> <li>• This continues until all players have dribbled. The first team to finish wins that round.</li> <li>• Variations: Players could dribble with opposite hand, have to pass the ball to the next player on their team. Cones could also be set up between the end cones for teams to weave around.</li> </ul>

<b>Mindfulness (45 sec.)</b>	
<b>Setup</b>	Group students at arm’s length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds.
<b>Mindfulness Practice</b>	<p style="text-align: center;"><b>Mindful Bubbles</b></p> <p>Pretend to blow bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles in their mind as they form, detach, and pop or float away.</p>

<p><b>Stretching (5 min.):</b> Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both.</p>	
<b>Setup</b>	<p>Group students at arm’s length from one another. Students should be calm and quiet before beginning.</p> <p>1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breathing.</p>
<b>Yoga Stretches</b>	<p><b>1. Plow Pose</b></p> <ul style="list-style-type: none"> <li>• Lie flat on your back with your legs extended and your arms at your sides, palms down.</li> <li>• Use your stomach muscles to lift your legs and hips up toward the ceiling.</li> <li>• Bring your torso perpendicular to the floor.</li> <li>• Straighten your legs and slowly lower your toes to the floor behind your head with your legs fully extended.</li> <li>• If your toes do not yet touch the floor, support your back with your hands. Lower your legs as far as possible, keeping your legs straight.</li> </ul> <p>Take 2 breaths by the time you extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor and draw the knees toward the ears and take 2 breaths in this position.</p> <p><b>2. Butterfly Pose</b></p> <ul style="list-style-type: none"> <li>• From a seated position, bend your knees so that the soles of your feet touch each other.</li> <li>• Bring your heels as close in toward your body as possible.</li> <li>• Wrap your hands around your feet or ankles.</li> <li>• Gently press your forearms or elbows into your thighs, so that the knees move toward the floor.</li> <li>• Fold forward from your hips so your chest moves toward the floor.</li> </ul> <p>Hold for 6 breaths.</p> <p><b>3. Seated Spinal Twist</b></p> <ul style="list-style-type: none"> <li>• Sit up straight with both legs out in front of you.</li> <li>• Cross your right foot to the outside of your left thigh.</li> <li>• Bring your left foot back beside your right hip.</li> <li>• Place your right fingertips behind you.</li> <li>• Hug your left knee into your chest.</li> <li>• Inhale, and sit up tall.</li> <li>• Exhale, and twist to the right from the base of your spine.</li> </ul> <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip,</p>

	left fingertips behind you, hug the right knee into the chest, and twist to the left), and hold for 5 breaths.
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<b>Cooldown Stretches (5 min.)</b>	
<b>Setup</b>	Group students at arm's length from one another. Complete each stretch twice.
<b>Cooldown Stretches</b>	<ol style="list-style-type: none"> <li>1. Flamingo Stretch <ul style="list-style-type: none"> <li>• Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat.</li> </ul> </li> <li>2. Toe Touch <ul style="list-style-type: none"> <li>• With straight legs and feet pointed forward, reach down as far as possible to touch your toes. Hold for 30 seconds.</li> </ul> </li> <li>3. Side Reach <ul style="list-style-type: none"> <li>• Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat with opposite side.</li> </ul> </li> <li>4. Toe Touch Twists <ul style="list-style-type: none"> <li>• With your feet wide, touch your right hand to your left foot and twist your left arm to the sky. Hold for 30 seconds. Switch sides and repeat.</li> </ul> </li> </ol>