

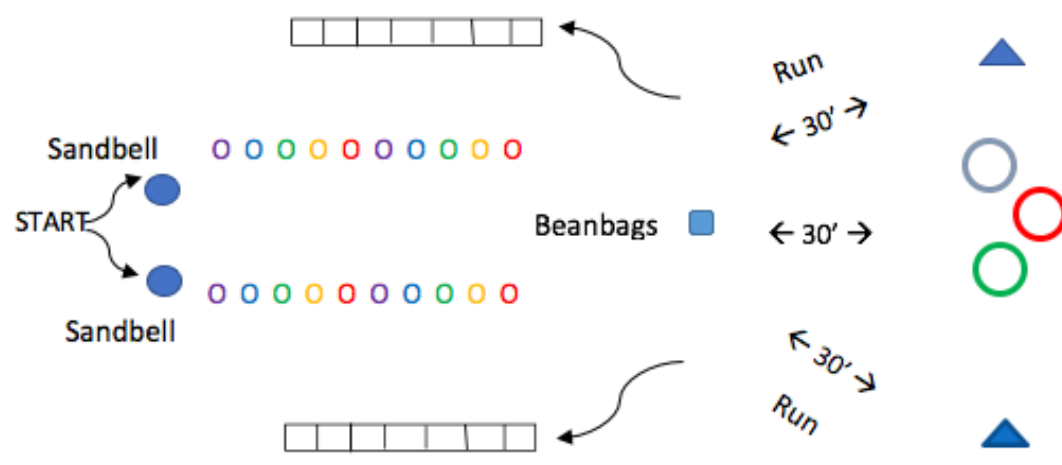
Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 9 Hula Hoops • 9 Bean Bags of Color A • 9 Bean Bags of Color B 	<ul style="list-style-type: none"> • 2 Sandbells • 20 Dots/Poly Spots • 36 Bean Bags • 3 Hula Hoops • 2 Short Cones • 2 Agility Ladders 	<ul style="list-style-type: none"> • 2 Hula Hoops • 2 Sandbells • Short Cones • Dots/Poly Spots • Waist Flags (1 per player)

Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.

- Warm-Up 1:** Walking Arm Circles
Warm-Up 2: High Kicks
Warm-Up 3: Knee Hugs
Warm-Up 4: High Knees

Fitness Stations & Game (20 min.)

Stations (10 min.)	<p>Station 1: Planks, In, In, Out, Out Station 2: Crab Toe Touch Station 3: Bicep Curls Station 4: Rows</p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. Stations should be approximately 25 feet apart. • Divide the players into 4 small groups—1 group per station. • 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. • Players should complete each station at least 3 times.
Game (10 min.)	<p style="text-align: center;">Tic Tac Toe</p> <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams. • Divide the bean bags evenly between the teams and be sure each team has a specific color. For example, Team A's bags might be green while Team B's bean bags are red. • Standing 10 feet away, the first players of each team pick up their color bean bags and toss them into one of the hula hoops in the grid. • Each player after takes a turn tossing a bean bag until one team is able to get 3 bean bags in a row (vertical, horizontal, or diagonal). • Variations: Create an obstacle course to run through before tossing bean bag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc.

Obstacle Course (15 min.)	
Setup and Instructions	<p>Set up obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Divide the players into 2 lines. Four players at a time start this course, 2 from each line. To start, players pick up a sandbell and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one bean bag into a hula hoop that is 30 feet away. Once they get a bean bag into the hula hoop, they run down and around the cone that is 30 feet away. Last, players hop through the agility ladder sideways and then go back to the start. Each player repeats this obstacle course several times.</p>
Diagram	

PE Game: Capture the Flag (15 Min.)	
Setup	Set up a field about the size of a basketball court or as big as a soccer field. Use short cones to mark boundaries. Use dots/poly spots to create midline. Place a hula hoop on each side with a sandbell in each hoop. The sandbell is the "flag."
Game Instructions	<p>Goal of the game: Practice offensive and defensive skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams and give all players waist flags to wear. Only one team should wear the pinnies. • Teams will start on either side of the field. • When the coach says, "Go!" players will try to run onto the other side to get the other team's flag (sandbell) while also trying to stop the other team from getting their flag (sandbell). • When the players run to the other team's side, their flags can be pulled. • If a player's flag is pulled, they go to the sideline and perform jumping jacks, push-ups, or

	<p>planks to get back in the game.</p> <ul style="list-style-type: none"> • When a player is able to run past the other team and makes it to the hula hoop, they are safe and their flags cannot be pulled. If they are able to run back safely to their side with the flag (sandbell), their team wins. • Variations: Instead of players going to the sideline when their flag is pulled, they can go to a hula hoop and are stuck there until one of their teammates comes and saves them and walks them back to their team's side.
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Mindfulness (45 sec.)	
Setup	Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds.
Mindfulness Practice	<p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both.	
Setup	<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>
Yoga Stretches	<ol style="list-style-type: none"> 1. Cobra Pose <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, with tops of the feet on the floor. • Spread your hands on the floor under your shoulders. • Hug the elbows back into your body. • Press the tops of the feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> 2. Spinal Twist

	<ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p>
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Cooldown Stretches (5 min.)	
Setup	Group students at arm's length from one another. Complete each stretch twice.
Cooldown Stretches	<p>1. Arm stretches across body</p> <ul style="list-style-type: none"> • Bring one arm across your chest and pull on it slightly with the other hand pressing it against your chest. Hold for 30 seconds. Switch sides and repeat. <p>2. Arm stretches behind body</p> <ul style="list-style-type: none"> • Put hands behind body and interlock fingers. Once interlocked, see how far you can bring up arms. Hold for 30 seconds. <p>3. Side Reach</p> <ul style="list-style-type: none"> • Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat with opposite side.

4. Toe Touch Twists

- 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.