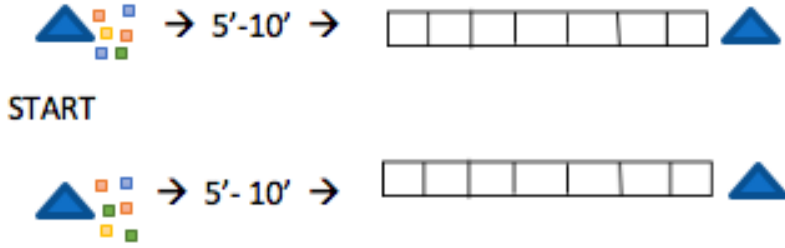


Class Equipment List	<u>Fitness Stations & Games</u> <ul style="list-style-type: none"> • 4 Tall Cones • 1 Battle Rope 	<u>Relay Race</u> <ul style="list-style-type: none"> • 4 Short Cones • 30 Beanbags • 2 Agility Ladders 	<u>PE Game</u> <ul style="list-style-type: none"> • Bean Bags (1 per player) • Short Cones
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Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	<p>Warm-Up 1: Walking Arm Circles</p> <p>Warm-Up 2: High Kicks</p> <p>Warm-Up 3: Knee Hugs</p> <p>Warm-Up 4: Bear Crawls</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Standup Bicycles</p> <p>Station 2: Front Plank</p> <p>Station 3: Dead Bugs</p> <p>Station 4: Plank High 5's</p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. Each station 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;">Tug O' War</p> <ul style="list-style-type: none"> • Players divide into even teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, each team tries to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team to their side of the center.

Relay Race (15 min.)	
Setup	Set up obstacle course or relay in a space that accommodates the size of the group.
Relay Instructions	<ul style="list-style-type: none"> • Divide players into even lines. Each team should have at least 15 beanbags in front of the short cone. • When the coach blows the whistle, the first player in each line picks up a beanbag and tries to toss it into the first box of the ladder. If that player's beanbag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder. • If players miss the appropriate box, they run to collect the beanbag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line. This repeats until all boxes of the ladder have a beanbag. • If players have not made it to the cheering team and all the boxes have been filled, repeat steps starting with box 1. In this case, there may be more than one beanbag in each box.
Diagram	

PE Game: Bean Bag Balance Tag (15 min.)	
Setup	Set up a field of play. Use cones, if necessary, to mark boundaries. The field should be about the size of a basketball court or smaller. This game could be played inside a classroom.

Game Instructions	<p>Goal of the game: Players keep the bean bag balanced on their head while tagging people and helping others.</p> <ul style="list-style-type: none"> • Everyone starts with a bean bag balanced on their head (no holding the bean bag on head with hands). • Everyone in this game is “it.” • Players try to tag each other while balancing the bean bag on their head. • If their bean bag falls off or they are tagged, the player is frozen. When frozen, players drop the bean bag next to them on the ground and wait to be saved. • To be saved, another player has to come by and pick up the frozen player’s bean bag while still balancing their own bean bag. If the player who is doing the saving drops the bean bag on their head, they are frozen as well. • Variations: Bean bags can be balanced on the head, shoulder, or back of the hand.
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Mindfulness (45 sec.)	
Setup	Group students at arm’s length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds.
Mindfulness Practice	<p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • “Please get into your ‘mindful bodies’—still and quiet, sitting upright, eyes closed.” • “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.” • Ring a “mindfulness bell,” or have a student ring the bell. Use a bell with a sustained sound or a rainstick to encourage mindful listening. • “Please raise your hand when you can no longer hear the sound.” • When most or all have raised their hands, you can say, “Now slowly, mindfully, move your hand to your stomach or chest and just feel your breathing.” • You can help students stay focused during the breathing with reminders like, “Just breathing in ... just breathing out ...” • Ring the bell to end.

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	<p>1. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, tops of the feet on the floor. • Spread your hands on the floor under your shoulders.

	<ul style="list-style-type: none"> • 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> <p>2. Spinal Twist</p> <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>

- Put hands behind body and interlock fingers. Once interlocked, see how far you can bring up arms. Hold for 30 seconds.

3. Side Reach

- 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.