

<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Games</u></b>	<b><u>Relay Race</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Sandbells</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Sandbells</li> </ul>	<ul style="list-style-type: none"> <li>• 6 Hula Hoops</li> <li>• Dots/Poly Spots</li> <li>• Beanbags</li> <li>• Short Cones</li> </ul>

<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> Walking Arm Circles</p> <p><b>Warm-Up 2:</b> High Kicks</p> <p><b>Warm-Up 3:</b> Knee Hugs</p> <p><b>Warm-Up 4:</b> Bear Crawls</p>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Standup Bicycles</p> <p><b>Station 2:</b> Front Plank</p> <p><b>Station 3:</b> Dead Bugs</p> <p><b>Station 4:</b> Plank High 5's</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>Hot Potato with Sandbells</b></p> <ul style="list-style-type: none"> <li>• Players sit or stand in a circle; 2 players opposite each other start with a sandbell.</li> <li>• When the coach blows the whistle, players pass the sandbell around the circle.</li> <li>• When the coach says STOP, the 2 players with a sandbell must do 5 push-ups.</li> <li>• Play continues until all or most of the players have been caught with the “hot potato” and performed 5 push-ups.</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>• Divide the players into 2 teams and have each team line up behind a start cone.</li> <li>• When the coach blows the whistle, the first 2 players from each team bear crawl to the end cone, 20 feet away while balancing a sandbell on their back.</li> <li>• At the end cone, players bear crawl around the cone and back to the start.</li> <li>• When the player returns to their line, the next player goes.</li> <li>• Repeat until all players in line have gone.</li> </ul>

<b>PE Game: Hungry, Hungry Hippos (15 min.)</b>	
<b>Setup</b>	Set up a field of play. Use cones, if necessary, to mark boundaries. Take all bean bags and dots/poly spots and place them in a pile in the middle of the field of play. Then take the 6 hula hoops and spread them out in a circle around the pile of items.
<b>Game Instructions</b>	<p>Goal of the game is to collect as many items as fast as possible.</p> <ul style="list-style-type: none"> <li>• Divide the players into 6 teams and have each team stand in a line behind a hula hoop.</li> <li>• When the coach says “go,” the first player in each line races to the center pile and grabs 1 item from the pile and brings it back to their hula hoop.</li> <li>• Then the next player on each team goes and runs to the pile, grabs 1 item, and brings it back to their hula hoop.</li> <li>• Play continues until all the items in the middle are gone.</li> <li>• Count up each team’s items to see who wins that round.</li> <li>• Variations: Certain items can be worth points. For example, poly spots could be worth 2 points and everything else worth 1 point. Points could depend on the color of the item. Players could be told about the different point values before the start of the game or after.</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>Heartbeat Exercise</b></p> <p>Paying attention to one's heartbeat has a role in many mindfulness exercises and activities. Kids can learn how to apply this mindfulness practice to their own lives as well.</p> <p>Tell your kids to jump up and down, run in place, or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their heart. Instruct them to close their eyes and pay attention only to their heartbeat and breathing. This easy exercise shows children how to notice their heartbeat and helps them practice their focus. These skills will come in handy as they start engaging in more advanced mindfulness activities.</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.	
<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>1. Plow Pose</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, draw the knees toward the ears, and take 2 breaths in this position.</p> <p>2. Butterfly Pose</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>3. Seated Spinal twist</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, left fingertips behind you, hug the right knee into the chest, and twist to the left), and hold for 5 breaths.</p>
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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>	<p>1. Arm Stretches Across Body</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p>2. Arm Stretches Behind Body</p> <ul style="list-style-type: none"> <li>• Put hands behind body and interlock fingers. Once interlocked, see how far you can bring up arms. Hold for 30 seconds.</li> </ul> <p>3. Side Reach</p> <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> <p>4. Toe Touch Twists</p> <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>