

<b>Class Equipment List</b>	<u><b>Fitness Stations &amp; Games</b></u> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 9 Hula Hoops</li> <li>• 9 Bean Bags of Color A</li> <li>• 9 Bean Bags of Color B</li> </ul>	<u><b>Relay Race</b></u> <ul style="list-style-type: none"> <li>• Dots/Poly Spots</li> </ul>	<u><b>PE Game</b></u> <ul style="list-style-type: none"> <li>• Short 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 Holds</p> <p><b>Station 2:</b> Spider Lunges</p> <p><b>Station 3:</b> Single-Leg Balance</p> <p><b>Station 4:</b> Shoulder Taps</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 style="text-align: center;"><b>Tic Tac Toe</b></p> <ul style="list-style-type: none"> <li>• Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams.</li> <li>• 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.</li> <li>• 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.</li> <li>• Each successive player takes a turn tossing a beanbag until one team is able to get 3 bean bags in a row (vertical, horizontal, or diagonal).</li> <li>• 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.</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 1 less 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: Chaos Tag (15 min.)</b>	
<b>Setup</b>	Set up a field of play. Use cones, if necessary, to mark boundaries.
<b>Game Instructions</b>	<p>Goal of the game is to work on chasing and fleeing skills.</p> <ul style="list-style-type: none"> <li>• In this tag game everyone is “it.”</li> <li>• If players get tagged, they must take a seat on the ground. They may not get up until the player who tagged them gets tagged and sits.</li> <li>• For example, if Player A tags Player B, Player B sits on the ground and watches to see when Player A gets tagged. Once Player A gets tagged by Player C, Player A sits down and Player B gets up.</li> <li>• Variations: If the game has stalled, the coach may yell, “Break!” That means everyone is free and back up again and the game resets.</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 Posing</b></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"> <li>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.</li> <li>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.</li> </ol>

<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. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> <li>• Interlace the hands behind the back.</li> <li>• Step your feet wide apart.</li> <li>• Turn your toes slightly in and your heels slightly out.</li> <li>• Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling.</li> <li>• Exhaling, fold forward at the hips.</li> <li>• Gently drop your head.</li> <li>• Bring your hands to rest on the floor between your legs.</li> </ul> <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> <li>• Squat with your feet as close together as possible. (Keep your heels on the floor if you can; otherwise, support them on a folded mat, rug, or towel.)</li> <li>• Separate your thighs slightly wider than your torso.</li> <li>• Exhaling, lean your torso forward and fit it snugly between your thighs.</li> <li>• Press your elbows against your inner knees and resist the knees into the elbows.</li> </ul> <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> <li>• From a supine position (lying on the back), bend the left knee and cross it outside of the right foot.</li> <li>• Use your hand to put slight pressure on the left knee to push it toward the floor.</li> <li>• Keep both shoulders squared and rooted to the floor.</li> <li>• Extend the arms to a T, perpendicular to the torso.</li> <li>• Turn the head so the eyes can see to the left.</li> </ul> <p>Take 5 breaths and repeat on the opposite side (right knee crossed outside the left foot, head turned so eyes can see to the right) for 5 breaths.</p>

<b>Cooldown Stretches (5 min.)</b>	
<b>Setup</b>	Group students at arm's length from one another. Complete each stretch twice.
<b>Cooldown</b>	1. Flamingo Stretch

<b>Stretches</b>	<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> <p>2. Toe Touch</p> <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> <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>
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