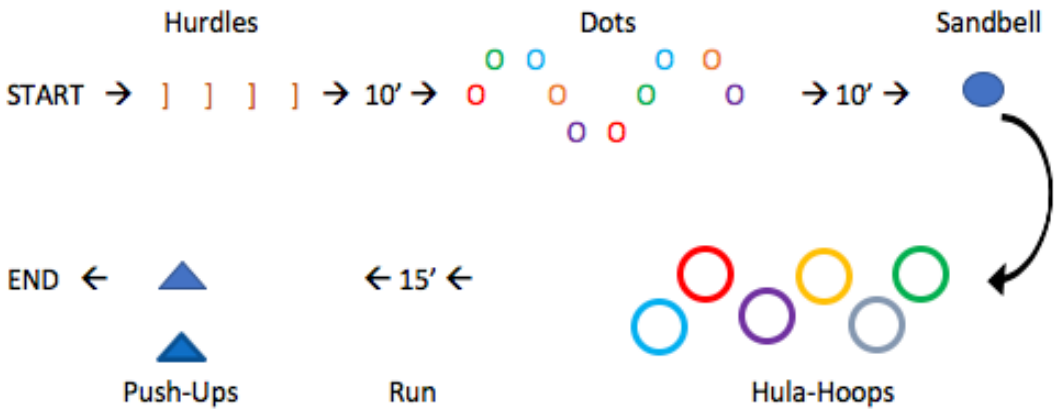


Class Equipment List	<u>Fitness Stations & Games</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 2 Sandbells 	<ul style="list-style-type: none"> • 4 Hurdles • 10 Dots/Poly Spots • 1 Sandbell • 6 Hula Hoops • 2 Short Cones 	<ul style="list-style-type: none"> • 6 Cones • 24 Dots/Poly Spots

Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	<p>Warm-Up 1: Toe Walks</p> <p>Warm-Up 2: Heel Scoops</p> <p>Warm-Up 3: Quad Stretch</p> <p>Warm-Up 4: Heel Walks</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Squat Holds</p> <p>Station 2: Spider Lunges</p> <p>Station 3: Single-Leg Balance</p> <p>Station 4: Shoulder Taps</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>Sandbell Pass with Agility Ladder</p> <ul style="list-style-type: none"> • Divide players into two lines, facing forward. The lines should be about 10 feet apart. • Set up 2 start cones and 2 end cones, about 20 feet apart, with one ladder for each line halfway between the cones. • When the coach blows the whistle, the first two players in each line pass the sandbell back and forth while side-shuffling along the sides of the ladder to the end cone. • Players should repeat passing the sandbell back and forth to the start cone. Once back at the start cone, one player should hold the sandbell and pass it to the next 2 players in line. Play until all players have completed the drill.

Obstacle Course (15 min.)	
<p>Setup and Instructions</p>	<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>One person at a time starts the course. Jump over each hurdle with two feet. Jump on the dots, landing on one foot for each dot. Raise a sandbell up over the head and place it back down. Repeat 5 times. Jump from one hula hoop to the next with two feet. Run to the end and finish with 5 push-ups.</p>
<p>Diagram</p>	 <p>The diagram illustrates the layout of the obstacle course. It begins at a 'START' point with four hurdles. A 10-foot distance leads to a cluster of colored dots. Another 10-foot distance leads to a blue sandbell. Below the sandbell are five hula-hoops of different colors. A 15-foot distance leads to two blue triangles representing push-ups, which end at an 'END' point.</p>

PE Game: Speedway (15 min.)	
<p>Setup</p>	<p>Use dots/poly spots to create a race track. A basketball court works great for the track. Spread the 6 cones out around the race track.</p>
<p>Game Instructions</p>	<p>Goal of the game is for players to work on their sprinting and working with a team.</p> <ul style="list-style-type: none"> • This is a relay race; each player will have one turn around the track. • Divide class into 6 teams, and have each team sit behind a cone toward the inside of the track. • Choose a direction for the players to run their lap. • Have the first player on each team stand in the race track. • When the coach says, "Go!" players sprint around the track trying to get back around to their team. • When they get back to their team, they high-five the next player in line and that player starts their lap around the track. • Game continues until all players have run a lap. • Variations: Teams could be mixed up each round, or players could practice a locomotor skill while moving around the track. Locomotor movements could include speed-walking, skipping, hopping, side-stepping, galloping, etc.

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;">Heartbeat Exercise</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 or 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 breath. 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>

Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both.	
Setup	Group students at arm's length from one another. Students should be calm and quiet before beginning.
	1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breathing.
Stretches	<p>1. Plow Pose</p> <ul style="list-style-type: none"> • Lie flat on your back with your legs extended and your arms at your sides, palms down. • Use your stomach muscles to lift your legs and hips up toward the ceiling. • Bring your torso perpendicular to the floor. • Straighten your legs and slowly lower your toes to the floor behind your head with your legs fully extended. • 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. <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>2. Butterfly Pose</p> <ul style="list-style-type: none"> • From a seated position, bend your knees so that the soles of your feet touch each other.

	<ul style="list-style-type: none"> • Bring your heels as close in toward your body as possible. • Wrap your hands around your feet or ankles. • Gently press your forearms or elbows into your thighs, so that the knees move toward the floor. • Fold forward from your hips so your chest moves toward the floor. <p>Hold for 6 breaths.</p> <p>3. Seated Spinal Twist</p> <ul style="list-style-type: none"> • Sit up straight with both legs out in front of you. • Cross your right foot to the outside of your left thigh. • Bring your left foot back beside your right hip. • Place your right fingertips behind you. • Hug your left knee into your chest. • Inhale, and sit up tall. • Exhale, and twist to the right from the base of your spine. <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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Cooldown Stretches (5 min.)	
Setup	Group students at arm's length from one another. Complete each stretch twice.
Cooldown Stretches	<p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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. <p>4. Toe Touch Twists</p> <ul style="list-style-type: none"> • 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.