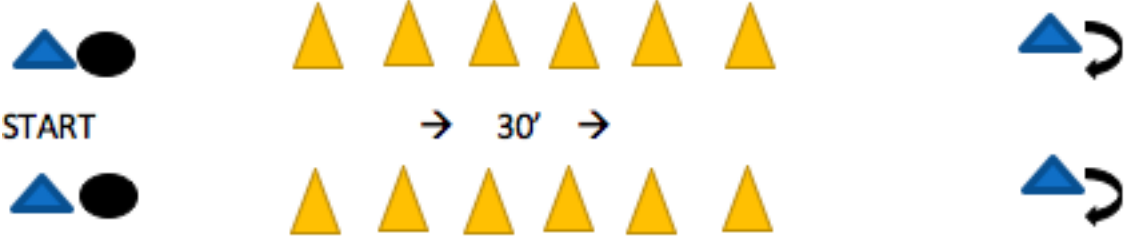


<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Games</u></b> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• Dodgeballs (1 per pair)</li> </ul>	<b><u>Relay Race</u></b> <ul style="list-style-type: none"> <li>• 4 Short Cones</li> <li>• 12 Tall Cones</li> <li>• 2 Sandbells</li> </ul>	<b><u>PE Game</u></b> <ul style="list-style-type: none"> <li>• 3–5 Dodgeballs</li> <li>• Dots/Poly Spots</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> 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> High Knees</p>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Plank Rotations</p> <p><b>Station 2:</b> Speed Hand Walks</p> <p><b>Station 3:</b> Heel Drops</p> <p><b>Station 4:</b> Kickouts</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>Head, Shoulders, Knees, Toes, Ball</b></p> <ul style="list-style-type: none"> <li>• Players divide into pairs.</li> <li>• Place a ball in the middle of each pair.</li> <li>• Coach will say, “head,” “shoulders,” “knees,” or “toes” in any order.</li> <li>• Players should touch whichever part of their body the coach calls out.</li> <li>• When the coach yells, “Ball!” players race to grab the ball.</li> <li>• The first player to grab the ball calls out an exercise for the other player to do 5 times.</li> <li>• Repeat for time.</li> </ul> <p>* Coach should encourage students to pick different exercises.</p>

<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. Divide players into 2 equal teams and place at start cone.
<b>Relay Instructions</b>	<ul style="list-style-type: none"> <li>• Divide each team in half and send half the players to the opposite end cone.</li> <li>• The first player from each team at the start cone picks up a sandbell. When the coach blows the whistle, the player runs in and out of the cones in a figure-8 position towards the end cone.</li> <li>• The player then passes the sandbell to the first player at the end cone who then runs in and out of the cones in a figure-8 position towards the start cone.</li> <li>• Each player should run through the cones twice, putting them back in their original line.</li> </ul>
<b>Diagram</b>	

<b>PE Game: Line Tag (15 min.)</b>	
<b>Setup</b>	If no basketball court with lines on the ground is available, use dots/poly spots to make a rectangle with 2–3 lines connecting the sides of the rectangle.
<b>Game Instructions</b>	<p>Goal of the game is to work on locomotor skills while running on lines.</p> <ul style="list-style-type: none"> <li>• Choose 3–5 players to start off as “it.” These players will carry the dodgeballs. During the game they cannot throw the balls.</li> <li>• All players, including the players who are “it,” have to run and move on the lines. They can travel in any direction but are not allowed to jump lines.</li> <li>• To get to another line, players must run until they come to an intersection with another line.</li> <li>• Taggers tag others with the ball; when they tag someone, they give that player the ball. That new player then becomes “it.”</li> <li>• Variations: Movements can be changed (i.e., players can walk, run, skip, hop, etc.).</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>4-7-8 Breath</b></p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire sequence of breathing.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> <li>• Exhale through the mouth and then close the mouth.</li> <li>• Breath in through the nose for a count of 4.</li> <li>• Hold their breath for a count of 7.</li> <li>• Exhale through their mouth (with whooshing sound) for a count of 8.</li> <li>• Close the mouth and repeat all steps 4 times.</li> </ul>

<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>	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.
<b>Yoga Stretches</b>	<p>1. Cobra Pose</p> <ul style="list-style-type: none"> <li>• Lie on your belly.</li> <li>• Stretch your legs back, tops of the feet on the floor.</li> <li>• Spread your hands on the floor under your shoulders.</li> <li>• Hug the elbows back into your body.</li> <li>• Press the tops of the feet and thighs into the floor.</li> <li>• Straighten the arms to lift the chest off the floor.</li> </ul> <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> <li>• Lie on your belly, head facing left.</li> <li>• Extend your arms to the side so they are perpendicular to the torso.</li> <li>• Roll your left leg from your hip so that it crosses over your right leg.</li> </ul> <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"> <li>• Lie on your back.</li> <li>• Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible.</li> <li>• Press your feet and arms into the floor.</li> <li>• Lift the buttocks off the floor until the thighs are about parallel to the floor.</li> </ul> <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> <li>• Lie on your back.</li> <li>• Bend your knees into your belly.</li> <li>• Grip the outsides of your feet with your hands.</li> <li>• Open your knees slightly wider than your torso, then bring them up toward your armpits.</li> <li>• Position each ankle directly over the knee so your shins are perpendicular to the floor.</li> <li>• Hold for 6 breaths.</li> </ul>
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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>