

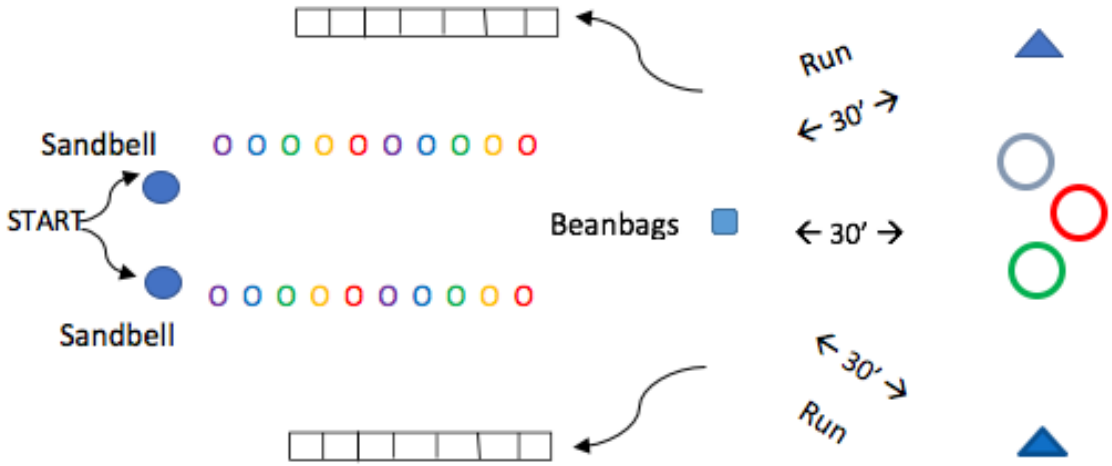
Class Equipment List	<u>Fitness Stations & Games</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells 	<ul style="list-style-type: none"> • 2 Sandbells • 20 Dots/Poly Spots • 36 Bean Bags • 3 Hula Hoops • 2 Short Cones • 2 Agility Ladders 	<ul style="list-style-type: none"> • Short Cones

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: High Knees</p>
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Fitness Stations & Game (20 min.)

Stations (10 min.)	<p>Station 1: Plank Rotations</p> <p>Station 2: Speed Hand Walks</p> <p>Station 3: Heel Drops</p> <p>Station 4: Kickouts</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;">Over or Under</p> <ul style="list-style-type: none"> • Divide the players into 4 teams and give each team 1 sandbell. • Each team lines up across the field, one player behind the other, and the player in the front starts by passing the sandbell either overhead or between his/her legs to the player behind. • The next player passes the sandbell either overhead or between his/her legs to the player behind. • Continue passing the sandbell over or under until it reaches the end of the line, at which time the last player runs with the sandbell to the front of the line and starts again. • Play continues until each player has been to the front of the line.

Obstacle Course (15 min.)	
Setup and Instructions	<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>Divide the players into 2 lines. One Player from each line starts the course. To start, players pick up a sandbell and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one bean bag into a hula hoop that is 30 feet away. Once they get a bean bag into the hula hoop, players run down and around the cone that is 30 feet away. Last, players hop through the agility ladder sideways and then go back to the start. Each player repeats this obstacle course several times.</p>
Diagram	

PE Game: Secret Agent Tag (15 min.)	
Setup	<p>Set up a field of play. If necessary, use cones to mark off boundaries.</p>
Game Instructions	<p>Goal of the game is to tag or free others.</p> <ul style="list-style-type: none"> • In this tag game there are 3 jobs: <ul style="list-style-type: none"> ○ Bad guys – try to tag everyone that is standing up. If tagged by a bad guy, the player must sit down and is stuck until freed by a secret agent. If a bad guy tags another bad guy, nothing happens. ○ Secret agents – try to tag anyone who is sitting down to free them. They also try to avoid getting tagged by the bad guys. If tagged by a bad guy, they must sit and wait until another secret agent frees them. ○ Citizens – don't have a job but run around and can get tagged by the bad guys and freed by the secret agents.

	<ul style="list-style-type: none"> • Sit players in a circle and ask players to close their eyes, and the coach will go around and tap 3–5 players ONCE on the head—these will be the bad guys. The coach will also go around and tap 3–5 players TWICE on the head—these players will be secret agents. In a class of 20, usually 5 players are bad guys and 6 are secret agents. If a player’s head is not tapped, then they are a citizen. • Ask players to stand up and spread out, and the coach will say, “Go!” to start the round. • Rounds go on until all the bad guys tag the secret agents or for 5–10 minutes. • Variations: To make the game go on for longer, have more secret agents than bad guys.
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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;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.</p> <ul style="list-style-type: none"> • Have your kids lie down on their back on a comfortable surface and close their eyes. • Then, tell them to squeeze every single muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone. • After a few seconds, have them release all their muscles and relax for 20–30 seconds. • Encourage them to think about how their body is feeling throughout the activity.

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.
Yoga Stretches	<p>1. Downward-Facing Dog</p> <ul style="list-style-type: none"> • The pose has the head down, with the weight of the body on the palms and feet. • The arms are stretched straight forward, shoulder-width apart. • The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. Take 5 breaths. Hold the right ankle with the left hand, take 3 breaths, then switch to holding the left ankle with the right hand and take 3 breaths.

	<p>2. Pigeon Pose</p> <ul style="list-style-type: none"> • From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the inner edge of it. • Your right ankle will be somewhere in front of your left hip. • Slide your left leg back and point your toes so that your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose with the left knee brought to the left wrist and take 5 breaths.</p> <p>3. Lizard Pose</p> <ul style="list-style-type: none"> • Begin in Downward-Facing Dog. • On an exhale, step your right foot forward to the outside (pinky finger) edge of your right hand. Both arms should be to the left of the right leg. • Lower your left knee down onto the ground and release the top of your left foot. <p>Hold for 5 breaths, move back to Downward-Facing Dog, and then repeat Lizard Pose with the other leg and hold for 5 breaths. Return to Downward-Facing Dog, then walk the feet up to the hands and unroll the spine upward until standing.</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> <ul style="list-style-type: none"> • Put hands behind body and interlock fingers. Once interlocked, see how far you can bring up arms. 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.