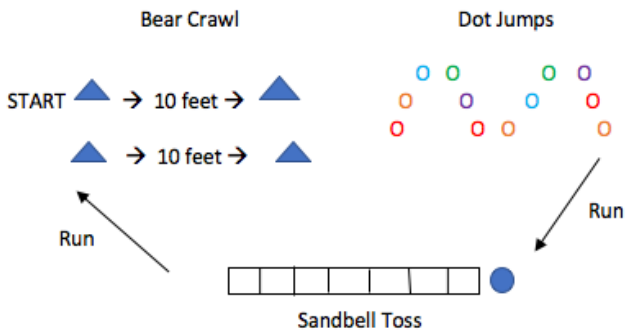


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 1 Battle Rope 	<ul style="list-style-type: none"> • 4 Short Cones • 1 Sandbell • 12 Dots/Poly Spots • 1 Agility Ladder 	<ul style="list-style-type: none"> • 18 Dodgeballs • 2 Pinnies • 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>

<u>Fitness Stations & Game (20 min.)</u>	
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: Kick Outs</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 style="text-align: center;">Tug O' War</p> <ul style="list-style-type: none"> • Players divide into teams and line up on opposite ends of the battle rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team to their side of the center.

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>Form 2 lines behind the start cone. Before leaving the start cone, the first player from each line will do a back-to-back wall sit and hold for 15 seconds. Players should then bear crawl from the start cone to the end cone. Next, the players jump with two feet in a zig-zag pattern, landing on each dot. Players should then run to opposite sides of the ladder. One player should pick up the sandbell and gently toss it to their partner. Players should toss it back and forth to each other while side-shuffling down and back up the ladder. One player should put the sandbell back at the start of the ladder before sprinting with partner back to the start of the course. Players should go through course at least twice.</p>
Diagram	

PE Game: Dr. Dodgeball (15 min.)	
Setup	Set up a field of play and create a midline with cones to divide the field of play.
Game Instructions	<p>Goal of the game: Throw ball at targets while dodging balls.</p> <ul style="list-style-type: none"> • Divide players into 2 teams. Each team gets a Doctor, who wears the pinnie for his/her team. • Have teams stand on opposite sides of the field and give each of the teams half of the dodgeballs. • When the coach says “go,” players grab the ball and throw it at the other team while staying on their half of the field. • Players who are hit from the shoulders down sit down where they were hit and wait for the Doctor to save them. • The Doctor can tag players who are sitting down to get them back in the game. Doctors are not targets and cannot get out. • If a player catches a thrown ball, the thrower is out and sits down to wait for their team’s Doctor. • The game continues until all players are out or time has ended. • Variations: Instead of being hit from the shoulders down, it can be changed to waist down. Doctors can get out and maybe have 3 lives.

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;">Bell Ringing</p> <ul style="list-style-type: none"> • "Please get into your 'mindful bodies'—still and quiet, sitting upright, eyes closed." • "Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone." • Ring a "mindfulness bell," or have a student ring the bell. Use a bell with a sustained sound or a rainstick to encourage mindful listening. • "Please raise your hand when you can no longer hear the sound." • When most or all have raised their hands, you can say, "Now slowly, mindfully, move your hand to your stomach or chest, and just feel your breathing." • You can help students stay focused during the breathing with reminders like, "Just breathing in ... just breathing out ..." • Ring the bell to end.

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. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, with tops of the feet on the floor. • Spread your hands on the floor under your shoulders. • Hug the elbows back into your body. • Press the tops of the feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling</p>

	<p>over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee, so your shins are perpendicular to the floor. <p>Hold for 6 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. 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.