

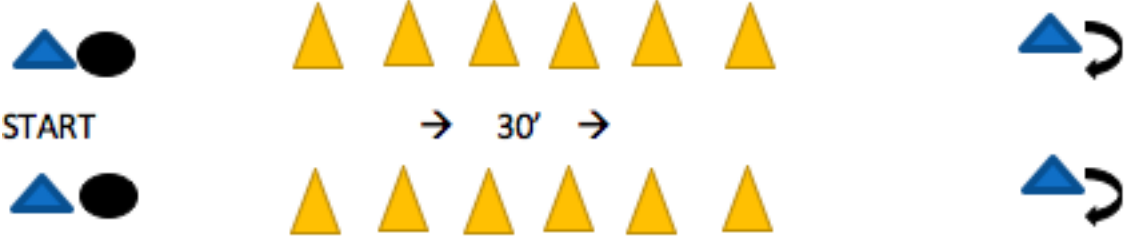
<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Agility Ladders</li> <li>• 1 Sandbell</li> </ul>	<b><u>Relay Race</u></b> <ul style="list-style-type: none"> <li>• 4 Short Cones</li> <li>• 12 Tall Cones</li> <li>• 2 Sandbells</li> </ul>	<b><u>PE Game</u></b> <ul style="list-style-type: none"> <li>• 3–5 Dodgeballs</li> <li>• 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> 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>

**Fitness Stations & Game (20 min.)**

<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Planks, In, In, Out, Out</p> <p><b>Station 2:</b> Crab Toe Touch</p> <p><b>Station 3:</b> Bicep Curls</p> <p><b>Station 4:</b> Rows</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>
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<b>Game (10 min.)</b>	<p style="text-align: center;"><b>Sandbell Tag</b></p> <ul style="list-style-type: none"> <li>• This is a simple game of tag in which the players who are “it” must touch the other players with the sandbell.</li> <li>• When a player is tagged with the sandbell, he/she must hold a plank for 20 seconds before taking the sandbell and switching places with the person who tagged them. The player who was tagged is now “it.”</li> </ul> <p>* Remind players that sandbells should <b>NOT</b> be tossed at other players.</p>
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<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: Fainting Goat Tag (15 min.)</b>	
<b>Setup</b>	Set up a field of play. If necessary, use cones to mark off boundaries.
<b>Game Instructions</b>	<p>Goal of the game: To avoid being tagged.</p> <ul style="list-style-type: none"> <li>• Pick 3–5 taggers and give them a foam ball to tag with.</li> <li>• Everyone else is a goat.</li> <li>• The taggers are trying to tag the goats. A goat can faint to avoid being tagged.</li> <li>• When fainting they have to fall over and pretend they fainted. Fainted goats can only be safe for 5 seconds. Then they have to start running again.</li> <li>• If a goat gets tagged, the goat becomes the tagger and the person who tagged the goat becomes a goat.</li> <li>• Variations: This game is fun to play on grass so players can get into fainting.</li> </ul>

<b>Mindfulness (45 sec.)</b>	
<b>Setup</b>	Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds.
<b>Mindfulness Practice</b>	<p style="text-align: center;"><b>Heartbeat Exercise</b></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, 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>

<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. Downward-Facing Dog</p> <ul style="list-style-type: none"> <li>The pose has the head down, with the weight of the body on the palms and the feet.</li> <li>The arms are stretched straight forward, shoulder-width apart.</li> <li>The feet are a foot apart, the legs are straight, and the hips are raised as high as possible.</li> </ul> <p>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> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> <li>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.</li> <li>Your right ankle will be somewhere in front of your left hip.</li> <li>Slide your left leg back and point your toes so your heel is pointing up to the ceiling.</li> </ul> <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"> <li>Begin in Downward-Facing Dog.</li> <li>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.</li> </ul>

	<ul style="list-style-type: none"> <li>• Lower your left knee down onto the ground and release the top of your left foot.</li> </ul> <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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<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>	<ol style="list-style-type: none"> <li>1. Arm Stretches Across Body           <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> </li> <li>2. Arm Stretches Behind Body           <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> </li> <li>3. Side Reach           <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> </li> <li>4. Toe Touch Twists           <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> </li> </ol>