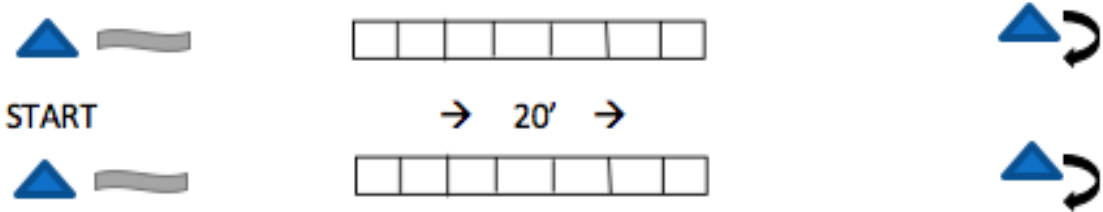


Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells 	<u>Relay Race</u> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands 	<u>PE Game</u> <ul style="list-style-type: none"> • Short Cones
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Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	<p>Warm-Up 1: Skip Forward and Backwards</p> <p>Warm-Up 2: Side Shuffle</p> <p>Warm-Up 3: Butt Kickers</p> <p>Warm-Up 4: Sprint</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Squat Jumps</p> <p>Station 2: Speed Side Shuffle</p> <p>Station 3: Tic Tocs</p> <p>Station 4: Back Lunges w/Sandbells</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;">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.

Relay Race (15 min.)	
Setup	Set up obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.
Relay Instructions	<ul style="list-style-type: none"> • Players divide into two teams and stand behind a start cone. • When the coach blows the whistle, the first two players from each team put the ankle band around their ankles. One player will have the band around his/her left ankle and the other will have the band around his/her right ankle. • Once the ankle band is on, the players work together to walk/run through the ladder, stepping/hopping the banded feet in each square, towards the end cone 25 feet away. • Players repeat this movement back to the start cone and pass the ankle band to the next two players in line. • Repeat until all players have gone at least twice.
Diagram	

PE Game: Chaos Tag (15 min.)	
Setup	Set up a field of play. If necessary, use cones to mark off boundaries.
Game Instructions	<p>Goal of the game: Work on chasing and fleeing skills.</p> <ul style="list-style-type: none"> • In this game everyone is "it." • If players get tagged, they must take a seat on the ground. They may not get up until the players who tagged them gets tagged and sits. • For example, if player A tags player B, player B sits on the ground watches to see when player A gets tagged. Once player A gets tagged by player C, player A sits down and player B gets up. • Variations: If the game has stalled, the coach may yell "Break." That means everyone is free and back up again, and the game resets.

Mindfulness (45 sec.)	
Setup	Group students at arm's length. Students should be calm and quiet before beginning. Complete 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 the 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. <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"> • 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 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. 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.