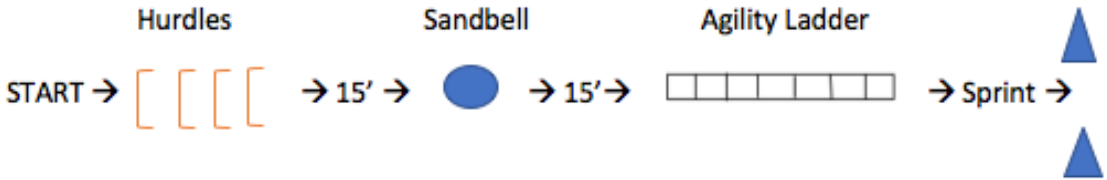


<b>Class Equipment List</b>	<u><b>Fitness Stations &amp; Game</b></u> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 1 Battle Rope</li> </ul>	<u><b>Obstacle Course</b></u> <ul style="list-style-type: none"> <li>• 4 Hurdles</li> <li>• 1 Sandbell</li> <li>• 1 Agility Ladder</li> <li>• 2 Tall Cones</li> </ul>	<u><b>PE Game</b></u> <ul style="list-style-type: none"> <li>• Waist Flags (1 Per Player)</li> <li>• Short Cones</li> </ul>
-----------------------------	---	---	---

<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  <b>Warm-Up 2:</b> High Kicks  <b>Warm-Up 3:</b> Knee Hugs  <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> Incline Push Ups  <b>Station 2:</b> Side Plank  <b>Station 3:</b> Bicycles  <b>Station 4:</b> Inch Worms         </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 style="text-align: center;"><b>Tug O' War</b></p> <ul style="list-style-type: none"> <li>• Players divide into teams and line up on opposite ends of the balance rope.</li> <li>• When the coach blows the whistle, teams try to pull the opposite team toward them.</li> <li>• Play until one team has successfully pulled all the players from the other team to their side of the center.</li> </ul>

<b>Obstacle Course (15 min.)</b>	
<b>Setup and Instructions</b>	<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>One person at a time starts the course. To begin, the player jumps over each hurdle landing both feet on the ground before jumping again. Next, the player picks up the sandbell and throws it down to the ground. This repeats 5 times. The player then performs fast feet through the ladder (example: 1 foot in, 1 foot out or both feet in, both feet out). After the ladder, the player should sprint through the end cones and then jog back to the start line. Each player should complete the course at least twice.</p>
<b>Diagram</b>	

<b>PE Game: Gotcha Flag Tag (15 min.)</b>	
<b>Setup</b>	<p>Set up a field of play. If necessary, use cones to mark off boundaries.</p>
<b>Game Instructions</b>	<p>Goal of the game: To run around and grab people’s flag belts without getting one’s own pulled.</p> <ul style="list-style-type: none"> <li>• Everyone puts a waist flag on.</li> <li>• In this tag game everyone is “it.” Players run around and try to pull each other’s waist flag.</li> <li>• When a player pulls a waist flag they say “gotcha” and give the flag back to the player. Then the player puts the flag belt back on and keeps playing.</li> <li>• Variations: Teams could be made to make the game more interesting.</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>Bell Ringing</b></p> <ul style="list-style-type: none"> <li>• "Please get into your 'mindful bodies'—still and quiet, sitting upright, eyes closed."</li> <li>• "Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone."</li> <li>• 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.</li> <li>• "Please raise your hand when you can no longer hear the sound."</li> <li>• 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."</li> <li>• You can help students stay focused during the breathing with reminders like, "Just breathing in ... just breathing out ..."</li> </ul> <p style="text-align: center;">Ring the bell to end.</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. Cobra Pose</p> <ul style="list-style-type: none"> <li>• Lie on your belly.</li> <li>• Stretch your legs back, with 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</p>

	<p>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> </ul> <p>Hold for 6 breaths.</p>
--	--

<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>