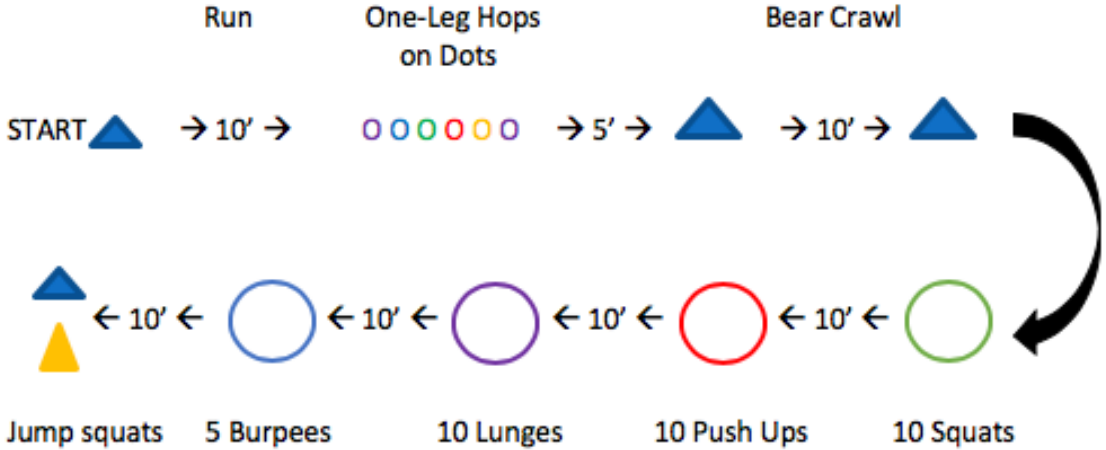


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • 9 Hula Hoops • 9 Beanbags Of Color A • 9 Beanbags Of Color B 	<ul style="list-style-type: none"> • 4 Short Cones • 6 Dots/Poly Spots • 4 Hula Hoops • 1 Tall Cone 	<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: Toe Walks</p> <p>Warm-Up 2: Heel Scoops</p> <p>Warm-Up 3: Quad Stretch</p> <p>Warm-Up 4: Heel Walks</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Squat Hold w/Kettlebell</p> <p>Station 2: Back Lunges</p> <p>Station 3: Single-Leg Toe Touch</p> <p>Station 4: High-Knee Runs</p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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>Tic Tac Toe</p> <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops, and divide players into two teams. • Divide the beanbags evenly between the teams, and be sure each team has a specific color. For example, team A's bags might be green, while team B's beanbags are red. • Standing 10 feet away, the first players on each team pick up a beanbag in their color and toss it into one of the hula hoops in the grid. • Each player after takes a turn tossing a beanbag until one team is able to get 3 beanbags in a row (vertical, horizontal or diagonal). • Variations: Create an obstacle course to run through before tossing beanbag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc.

Obstacle Course (15 min.)	
Setup and Instructions	<p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Form one line behind the start cone. One player at a time starts the course. From the start cone, players run to the first dot, hop on one leg to the next dot, and repeat until the end of the dots. Next, players run to the first cone and bear-crawl to the second cone. After bear crawls, players perform the activities listed below at the different hula-hoops. To finish, the players attempt a jump squat over a short or tall cone without touching the cone. Players return to the start line to repeat the course. Players should complete course at least twice.</p>
Diagram	 <p style="text-align: center;"> Run One-Leg Hops on Dots Bear Crawl </p> <p> START ▲ → 10' → ○○○○ → 5' → ▲ → 10' → ▲ </p> <p> ▲ ← 10' ← ○ ← 10' ← ○ ← 10' ← ○ ← 10' ← ○ </p> <p> ▲ ▲ ← 10' ← ○ ← 10' ← ○ ← 10' ← ○ ← 10' ← ○ </p> <p> Jump squats 5 Burpees 10 Lunges 10 Push Ups 10 Squats </p>

PE Game: TV Show/Movie Tag (15 min.)	
Setup	Set up a field of play. If necessary, use cones to mark off boundaries.
Game Instructions	<p>Goals of the game: Use locomotor skills to tag others and avoid being tagged. Communicate with others.</p> <ul style="list-style-type: none"> • Everyone is “it” in this game. • Players try to tag each other to freeze other players. • If a player is tagged first, they must freeze in place until someone comes by and tells a frozen player a TV show or movie they like. Then the frozen player must say a different TV show or movie. Once they share, they are free to go. • Players cannot be tagged while they are helping each other. • Variations: Players can stick to categories of TV shows or movies, such as animation, superheroes, animals, etc.

Mindfulness (45 sec.)	
Setup	Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds.
Mindfulness Practice	<p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both.	
Setup	Group students at arm's length. Students should be calm and quiet before beginning. 1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breath.
Yoga Stretches	<ol style="list-style-type: none"> 1. Wide-Legged Forward Fold <ul style="list-style-type: none"> • Interlace your hands behind your back. • Set your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> 2. Malasan (Yogi's Squat) <ul style="list-style-type: none"> • Squat with your feet as close together as possible. (Keep your heels on the floor if you can; otherwise, support them on a folded mat, rug or towel.) • Spread your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and press your knees into your elbows.

	<p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend your left knee and cross it on the outside of your right foot. • Use your hand to put slight pressure on your left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend your arms into a T, perpendicular to your torso. • Turn your head so your eyes can see to the left. <p>Take 5 breaths and repeat on the opposite side (right knee crossed on the outside of your left foot, head turned so your eyes can see to the right) for 5 breaths.</p>
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Cooldown Stretches (5 min.)	
Setup	Group students at arm's length. 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 your 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 on the 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.