

<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>• 4 Kettlebells</li> <li>• 2 Ankle Bands</li> </ul>	<b><u>Relay Race</u></b> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Personal Parachutes</li> </ul>	<b><u>PE Game</u></b> <ul style="list-style-type: none"> <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> Toe Walks</p> <p><b>Warm-Up 2:</b> Heel Scoops</p> <p><b>Warm-Up 3:</b> Quad Stretch</p> <p><b>Warm-Up 4:</b> Heel Walks</p>

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

<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Squat Hold w/Kettlebell</p> <p><b>Station 2:</b> Back Lunges</p> <p><b>Station 3:</b> Single-Leg Toe Touch</p> <p><b>Station 4:</b> High-Knee Runs</p> <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. The 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><b>Ankle Bands</b></p> <ul style="list-style-type: none"> <li>• Divide players into 2 teams and have each team line up behind a start cone.</li> <li>• Place an ankle band at each team’s start cone and put an end cone 20 feet away from the start cone.</li> <li>• The first player from each team puts the ankle band around both ankles and runs to the end cone.</li> <li>• At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on, runs back to the start cone, and passes the band to the next player in line.</li> <li>• The first team to have all players complete the relay wins.</li> </ul>
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<b>Relay Race (15 min.)</b>	
<b>Setup</b>	Set up an obstacle course or relay in a space that accommodates the size of the group.
<b>Relay Instructions</b>	<ul style="list-style-type: none"> <li>• Divide the players into 2 teams and have each team line up behind a start cone.</li> <li>• Place an end cone 50 feet away from each start cone.</li> <li>• The first player for each team straps a personal parachute around his/her waist.</li> <li>• When the coach blows the whistle, the first player runs to the end cone and back to the start as quickly as possible.</li> <li>• Once back at the start cone, the first player takes the personal parachute off and transfers it to the next player in line.</li> <li>• This continues until all players on the team have gone.</li> </ul>

<b>PE Game: Chaos Tag (20 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: Work on chasing and fleeing skills.</p> <ul style="list-style-type: none"> <li>• In this game, everyone is “it.”</li> <li>• If a player get tagged first, they must take a seat on the ground. They may not get up until the player who tagged them gets tagged and sits.</li> <li>• For example, if player A tags player B, player B is sitting on the ground and watching to see when player A gets tagged. Once player A gets tagged by player C, player A sits down and player B gets up.</li> <li>• Variations: If the game has stalled, the coach may yell “Break.” That means everyone is free to get back up again, and the game resets.</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 hearts. 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>

**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.

**Stretches**

1. Plow Pose

- Lie flat on your back with your legs extended and your arms at your sides, palms down.
- Use your stomach muscles to lift your legs and hips up toward the ceiling.
- Bring your torso perpendicular to the floor.
- Straighten your legs and slowly lower your toes to the floor behind your head, with your legs fully extended.
- If your toes do not yet touch the floor, support your back with your hands. Lower your legs as far as possible, keeping them straight.

Take 2 breaths by the time you extend your legs and 6 breaths with your legs extended. Then lift your feet from the floor, draw your knees toward your ears, and take 2 breaths in this position.

2. Butterfly Pose

- From a seated position, bend your knees so that the soles of your feet touch each other.
- Bring your heels in as close to your body as possible.
- Wrap your hands around your feet or ankles.
- Gently press your forearms or elbows into your thighs, so that your knees move toward the floor.
- Fold forward from your hips so your chest moves toward the floor.

Hold for 6 breaths.

3. Seated Spinal Twist

- Sit up straight, with both legs out in front of you.
- Cross your right foot on the outside of your left thigh.
- Bring your left foot back beside your right hip.
- Place the fingertips of your right hand behind you.
- Hug your left knee to your chest.
- Inhale, sitting up tall.
- Exhale, twisting to the right from the base of your spine.

Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip,

	fingertips of your left hand behind you, hugging the right knee to the chest and twisting to the left) and hold for 5 breaths.
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<b>Cooldown Stretches (5 min.)</b>	
<b>Setup</b>	Group students at arm's length. Complete each stretch twice.
<b>Cooldown Stretches</b>	<ol style="list-style-type: none"> <li>1. Flamingo Stretch <ul style="list-style-type: none"> <li>• Stand on one leg. Grab the ankle of the opposite leg to stretch your quad. Hold for 30 seconds. Switch sides and repeat.</li> </ul> </li> <li>2. Toe Touch <ul style="list-style-type: none"> <li>• With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 on the 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>