

Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • Dodgeballs (1 Per Group) 	<u>Obstacle Course</u> <ul style="list-style-type: none"> • 4 Short Cones • 1 Sandbell • 12 Dots/Poly Spots • 1 Agility Ladder 	<u>PE Game</u> <ul style="list-style-type: none"> • Short Cones • Waist Flags (1 Per Player)
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Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.

Warm-Up 1: Walking Arm Circles

Warm-Up 2: High Kicks

Warm-Up 3: Knee Hugs

Warm-Up 4: High Knees

Fitness Stations & Game (20 min.)

Stations (10 min.)

Station 1: Planks In In Out Out

Station 2: Crab Toe Touch

Station 3: Bicep Curls

Station 4: Rows

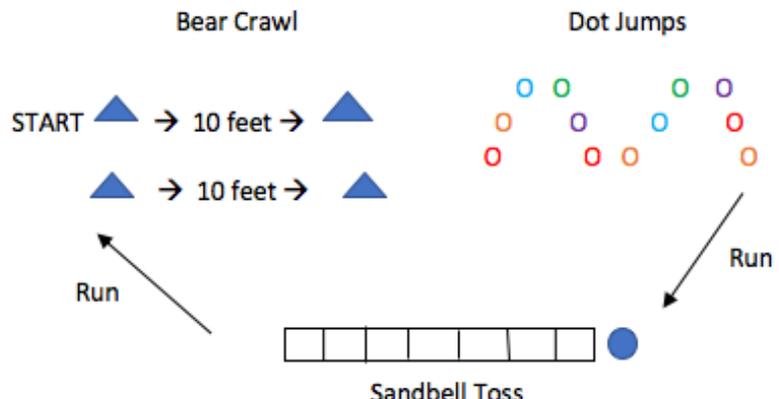
- Use 4 tall cones to designate 4 stations. The stations should be approximately 25 feet apart.
- Divide the players into 4 small groups—1 group per station.
- All players begin at the same time by performing the fitness skill at their station for 30 seconds. When time is up, players can rotate by skipping, jogging, hopping, or running to the next station.
- Players should complete each station at least 3 times.

Game (10 min.)

Head, Shoulders, Knees, Toes, Ball!

- Players divide into pairs.
- A ball is placed in the middle of each pair.
- Coach says, “Head,” “Shoulders,” “Knees,” or “Toes,” in any order.
- Players should touch whichever part of their body the coach calls out.
- When the coach yells, “Ball!”, players race to grab the ball.
- The first player to grab the ball calls out an exercise for the other player to do 5 times.
- Repeat for time.

* Coach should encourage students to pick different exercises.

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 2 lines behind the start cone. Before leaving the start cone, the first player from each line does a back-to-back wall sit and holds for 15 seconds. Players then bear-crawl from the start cone to the end cone. Next, the players jump with two feet in a zig-zag pattern, landing on each dot. They then run to opposite sides of the ladder. One player picks up the sandbell and gently tosses it to their partner. Players toss it back and forth to each other while sideways shuffling down and back up the ladder. One player puts the sandbell back at the start of the ladder before sprinting back to the start of the course with their partner. Players should go through course at least twice.</p>
Diagram	

PE Game: Secret Agent Tag (15 min.)	
Setup	<p>Set up a field of play. If necessary, use cones to mark off boundaries.</p>
Game Instructions	<ul style="list-style-type: none"> • There are 3 roles in the tag game: <ul style="list-style-type: none"> ○ Bad guys try to tag everyone that is standing up. If tagged by a bad guy, the players must sit down, and are stuck until freed by a secret agent. Nothing happens if a bad guy tags another bad guy. ○ Secret agents try to tag anyone who is sitting down to free them. They also try to avoid getting tagged by the bad guys. If tagged by a bad guy, they must sit and wait until another secret agent frees them. ○ Citizens don't have a job, but run around. They get tagged by the bad guys and freed by the secret agents. • Sit players in a circle and ask them to close their eyes. Go around and tap 3–5 players ONCE on the head—these will be the bad guys. Then go around and tap 3–5 players

	<p>TWICE on the head—these will be secret agents. In a class of 20, there are usually 5 players are bad guys and 6 who are secret agents. Players whose heads are not tapped are citizens.</p> <ul style="list-style-type: none"> • Ask players to stand up and spread out, and then say “Go” to start the round. • The round goes until all the bad guys tag the secret agents, or until time. • Variations: To make the game longer, have more secret agents than bad guys.
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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;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire breath sequence.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through their mouths and then close their mouths. • Breath in through their noses for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouths (with whooshing sound) for a count of 8. • Close their mouths and repeat all steps 4 times.

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	<p>1. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, with the tops of your feet on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows back into your body. • Press the tops of your feet and thighs into the floor. • Straighten your arms to lift your chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to your torso. • Roll your left leg from your hip so that it crosses over your right leg.

	<p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift your buttocks off the floor until your thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee, so your shins are perpendicular to the floor. <p>Hold for 6 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. Arm Stretches Across Body</p> <ul style="list-style-type: none"> • 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. <p>2. Arm Stretches Behind Body</p> <ul style="list-style-type: none"> • Put your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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.



Fitness Focus: Upper Body & Agility

Class 29

3rd-5th Grade
