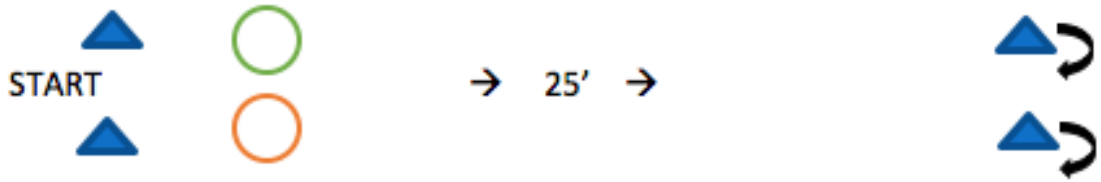


Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 4 Sandbells 	<u>Relay Race</u> <ul style="list-style-type: none"> • 4 Short Cones • 2 Hula Hoops 	<u>PE Game</u> <ul style="list-style-type: none"> • 3–5 Dodgeballs • 3–5 Pinnies • 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.	
	Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees

<u>Fitness Stations & Game (20 min.)</u>	
Stations (10 min.)	Station 1: Planks In In Out Out Station 2: Crab Toe Touch Station 3: Bicep Curls Station 4: Rows <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.)	Over or Under <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. • Players 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 an obstacle course or relay in a space that accommodates the size of the group.
Relay Instructions	<ul style="list-style-type: none"> • Divide the players into 2 teams and have them line up behind a start cone, with an end cone 30 feet away. • The first player from each team rolls the hula hoop from the start cone to the end cone and back. • If the hula hoop falls flat, players must stop and do 5 push-ups before picking up the hoop and continuing. • Repeat until all players have gone at least once.
Diagram	

PE Game: Capture the Flag (15 min.)	
Setup	Set up a field about the size of a basketball court or as big as a soccer field. Use short cones to mark boundaries. Use dots/poly spots to create a midline. Place a hula hoop on each side, with a sandbell in each hoop. The sandbell is the “flag.”
Game Instructions	<p>Goal of the game: Practice offensive and defensive skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams and give all players waist flags to wear. Only one team should wear the pinnies. • Teams start on either side of the field. • When the coach says, “Go!”, players try to run to the other side to get the other team’s flag (sandbell), while also trying to stop the other team from getting their flag (sandbell). • When the players run to the other team’s side, their flags can be pulled. • If a player’s flag is pulled, they go to the sideline and perform jumping jacks, push-ups, or planks to get back in the game. • When a player is able to run past the other team and makes it to the hula hoop, they are safe, and their flags cannot be pulled. If they are able to run back safely to their side with the flag (sandbell), their team wins. • Variations: Instead of players going to the sideline when their flag is pulled, they can go to a hula hoop. They will be stuck there until one of their teammates comes and saves them and walks them back to their team’s side.

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;">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 backs 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 bodies are feeling throughout the activity.

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. 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 your right ankle with your left hand, take 3 breaths, then switch to holding your left ankle with your 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 your left knee brought toward your 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 your right leg. • Lower your left knee 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 your feet up to your hands and unroll your spine upward until you are standing.</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 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.