

Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 36 Beanbags 	<u>Relay Race</u> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands 	<u>PE Game</u> <ul style="list-style-type: none"> • 4 Sandbells
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Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	<p>Warm-Up 1: Skip Forward and Backwards</p> <p>Warm-Up 2: Side Shuffle</p> <p>Warm-Up 3: Butt Kickers</p> <p>Warm-Up 4: Sprint</p>

Fitness Stations & Game (20 min.)

Stations (10 min.)	<p>Station 1: Squat Jumps</p> <p>Station 2: Speed Side Shuffle</p> <p>Station 3: Tic Tocs</p> <p>Station 4: Back Lunges w/ Sandbell</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.
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Game (10 min.)	<p>Beanbag Tag</p> <ul style="list-style-type: none"> • Choose one player to be “it” and have that player stand in the middle of the playing field with 36 beanbags. • When the coach blows the whistle, all other players try to run from one end of the field of play to the other without being hit by a beanbag thrown by the player who is “it.” • Players who get hit with a beanbag must perform 5 squats and join the “it” player in the middle to help tag more players. • The last player to get hit with a beanbag is the first “it” for the next round. <p>* Remind players that beanbags should be tossed at or below shoulder height.</p>
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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 each team line up behind a start cone. • Place an ankle band at each team’s start cone, and put an end cone 20 feet away from each start cone. • The first player from each team puts the ankle band around both ankles and runs to the end cone. • At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on. Then the player runs back to the start cone and passes the band to the next player in line.

PE Game: Over/Under Relay (15 min.)	
Setup	Divide players into 4 equal teams and have each team stand in a line an arm’s length away from each other.
Game Instructions	<p>Goal of the game: To quickly pass the sandbell to teammates down the line using the pattern.</p> <ul style="list-style-type: none"> • The player at the front of the line starts with the sandbell. • When the coach says, “Go!”, the first player in line passes the sandbell over their head, while the second player grabs it and passes it under their legs. The third player grabs the sandbell and passes it over their head. • The pattern continues until the sandbell reaches the end of the line. • The team that gets the sandbell to the end first, wins. • Variations: When the last player in line gets the sandbell, they run with it to the start of the line and starts passing it back again. The game continues until the player who started at the front of the line is back at the start of the line again.

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 Bubbles</p> <p>Pretend to blow bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles in their mind as they form, detach, and pop or float away.</p>

Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class or 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, 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 to 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>

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.

2. Toe Touch

- With straight legs and feet pointed forward, reach down as far as possible to touch your toes. Hold for 30 seconds.

3. Side Reach

- Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat on the opposite side.

4. Toe Touch Twists

- 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.