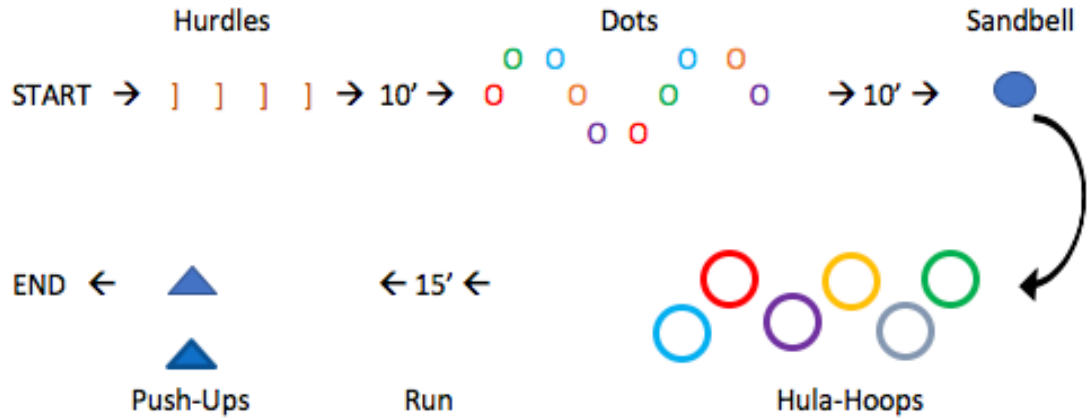


<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Obstacle Course</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• Dodgeballs (1 per pair)</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Hurdles</li> <li>• 10 Dots/Poly Spots</li> <li>• 1 Sandbell</li> <li>• 6 Hula Hoops</li> <li>• 2 Short Cones</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• Dots/Poly Spots</li> <li>• Short Cones</li> <li>• Pinnies</li> </ul>

<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>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Squat Holds</p> <p><b>Station 2:</b> Spider Lunges</p> <p><b>Station 3:</b> Single-Leg Balance</p> <p><b>Station 4:</b> Shoulder Taps</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 40 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>
<b>Game (10 min.)</b>	<p><b>Head, Shoulders, Knees, Toes, Ball!</b></p> <ul style="list-style-type: none"> <li>• Players divide into pairs.</li> <li>• Place a ball in the middle of each pair.</li> <li>• Coach says, “Head,” “Shoulders,” “Knees,” or “Toes,” in any order.</li> <li>• Players touch whichever part of their body the coach calls out.</li> <li>• When the coach yells, “Ball!”, players race to grab the ball.</li> <li>• The first player to grab the ball calls out an exercise for the other player to do 5 times.</li> <li>• Repeat for time.</li> </ul> <p>* Coach should encourage students to pick different exercises.</p>

<b>Obstacle Course (15 min.)</b>	
<b>Setup and Instructions</b>	<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>One person at a time starts the course. Each player jumps over each hurdle with two feet, then jumps on the dots, landing on one foot for each dot. They raise a sandbell up over their head and put it back down 5 times. They jump from one hula-hoop to the next with two feet, then run to the end and finish with 5 push-ups.</p>
<b>Diagram</b>	 <p>The diagram illustrates the layout of the obstacle course. It begins at a 'START' point with four orange hurdles. A 10-foot distance leads to a cluster of colored dots (red, blue, green, orange, purple). Another 10-foot distance leads to a blue sandbell. Below the sandbell are five hula-hoops in blue, red, purple, yellow, and green. A 15-foot distance leads to two blue triangles representing push-ups, labeled 'END'.</p>

<b>PE Game: Handball (15 min.)</b>	
<b>Setup</b>	Set up a soccer-sized field using small cones. Use dots/poly spots to create a midline, and use tall cones to create a goal on each half.
<b>Game Instructions</b>	<p>Goal of the game: To work on throwing and catching skills.</p> <ul style="list-style-type: none"> <li>• Divide players into 2 teams and give 1 team pinnies to wear.</li> <li>• This game has soccer rules, but players have to use their hands.</li> <li>• The ball must be thrown into a goal for a team to score.</li> <li>• If a player has the ball, they can only take 3 steps before throwing it.</li> <li>• Variations: More balls can be added, and the coach can choose if teams get to play with goalies.</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>4-7-8 Breath</b></p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongues 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"> <li>• Exhale through their mouths and then close their mouths.</li> <li>• Breath in through their noses for a count of 4.</li> <li>• Hold their breath for a count of 7.</li> <li>• Exhale through their mouths (with whooshing sound) for a count of 8.</li> <li>• Close their mouths and repeat all steps 4 times.</li> </ul>

<b>Stretching (5 min.):</b> Please choose the yoga Stretches or cooldown stretches below to finish class. or If time permits, you can do both.	
<b>Setup</b>	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.
<b>Yoga Stretches</b>	<p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> <li>• Interlace your hands behind your back.</li> <li>• Set your feet wide apart.</li> <li>• Turn your toes slightly in and your heels slightly out.</li> <li>• Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling.</li> <li>• Exhaling, fold forward at the hips.</li> <li>• Gently drop your head.</li> <li>• Bring your hands to rest on the floor between your legs.</li> </ul> <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> <li>• 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.)</li> <li>• Spread your thighs slightly wider than your torso.</li> <li>• Exhaling, lean your torso forward and fit it snugly between your thighs.</li> <li>• Press your elbows against your inner knees and press your knees into your elbows.</li> </ul> <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p>

	<ul style="list-style-type: none"> <li>• From a supine position (lying on your back), bend your left knee and cross it on the outside of your right foot.</li> <li>• Use your hand to put slight pressure on your left knee to push it toward the floor.</li> <li>• Keep both shoulders squared and rooted to the floor.</li> <li>• Extend the arms into a T, perpendicular to your torso.</li> <li>• Turn your head so your eyes can see to the left.</li> </ul> <p>Take 5 breaths and repeat on the opposite side (right knee crossed on the outside of the left foot, head turned so eyes can see to the right) for 5 breaths.</p>
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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>