

<b>Class Equipment List</b>	<u><b>Fitness Stations &amp; Game</b></u> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Sandbells</li> </ul>	<u><b>Relay Race</b></u> <ul style="list-style-type: none"> <li>• Dots/Poly Spots</li> </ul>	<u><b>PE Game</b></u> <ul style="list-style-type: none"> <li>• 2 Hula Hoops</li> <li>• Short Cones</li> <li>• Waist Flags (1 per player)</li> <li>• Pinnies</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  <b>Warm-Up 2:</b> Heel Scoops  <b>Warm-Up 3:</b> Quad Stretch  <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  <b>Station 2:</b> Spider Lunges  <b>Station 3:</b> Single-Leg Balance  <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 style="text-align: center;"><b>Over or Under</b></p> <ul style="list-style-type: none"> <li>• Divide the players into 4 teams and give each team 1 sandbell.</li> <li>• Each team lines up across the field, 1 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.</li> <li>• The next player passes the sandbell either overhead or between his/her legs to the player behind.</li> <li>• 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.</li> <li>• Play continues until each player has been to the front of the line.</li> </ul>

<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>• Use the rules for musical chairs, but play with dots.</li> <li>• Spread out the dots, using 1 less than the total number of players. For example, if there are 20 players, spread out 19 dots.</li> <li>• Before the music starts, call out how players will move around (run, skip, hop, jump, etc.) When the music starts, players move around the dots. When the music stops, players find a dot and do a squat hold in place until the music starts again. The player without a dot is out.</li> <li>• The coach should remove a dot after each round, until there is one player left.</li> <li>• Repeat game for time.</li> </ul>

<b>PE Game: Team Flag Tag (15 min.)</b>	
<b>Setup</b>	Set up a soccer-sized field using short cones. Place a hula hoop on each team's side, toward the baseline.
<b>Game Instructions</b>	<p>Goal of the game: To run around and grab other team's waist flags without getting your own pulled.</p> <ul style="list-style-type: none"> <li>• Divide players into 2 teams and give 1 team pinnies to wear. Everyone gets a waist flag to put on.</li> <li>• Have the first team stand on one side of the field and the other team stand on the other side.</li> <li>• On "Go!", players try to grab the other team's flag. If a flag is pulled, the player who pulled the flag brings it back to their team's side and puts it in their hula hoop. If a player gets their flag pulled, they stand behind their team's hula hoop. If there is a flag to put on, they put it on and are back in the game.</li> <li>• The game continues until one team's flags are pulled.</li> <li>• Variations: A time limit on the game could make it more interesting.</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>Body Scan</b></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"> <li>• Have your kids lie down on their backs on a comfortable surface and close their eyes.</li> <li>• Then, tell them to squeeze every single muscle in their bodies 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.</li> <li>• After a few seconds, have them release all their muscles and relax for 20–30 seconds.</li> <li>• Encourage them to think about how their bodies are feeling throughout the activity.</li> </ul>

<b>Stretching (5 min.):</b> Please choose the yoga stretches or cooldown stretches below to finish class. 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. Plow Pose</p> <ul style="list-style-type: none"> <li>• Lie flat on your back with your legs extended and your arms at your sides, palms down.</li> <li>• Use your stomach muscles to lift your legs and hips up toward the ceiling.</li> <li>• Bring your torso perpendicular to the floor.</li> <li>• Straighten your legs and slowly lower your toes to the floor behind your head, with your legs fully extended.</li> <li>• 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.</li> </ul> <p>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.</p> <p>2. Butterfly Pose</p> <ul style="list-style-type: none"> <li>• From a seated position, bend your knees so that the soles of your feet touch each other.</li> <li>• Bring your heels in as close to your body as possible.</li> <li>• Wrap your hands around your feet or ankles.</li> <li>• Gently press your forearms or elbows into your thighs, so that your knees move toward the floor.</li> </ul>

	<ul style="list-style-type: none"> <li>• Fold forward from your hips, so that your chest moves toward the floor.</li> </ul> <p>Hold for 6 breaths.</p> <p>3. Seated Spinal Twist</p> <ul style="list-style-type: none"> <li>• Sit up straight, with both legs out in front of you.</li> <li>• Cross your right foot on the outside of your left thigh.</li> <li>• Bring your left foot back beside your right hip.</li> <li>• Place the fingertips of your right hand behind you.</li> <li>• Hug your left knee to your chest.</li> <li>• Inhale, sitting up tall.</li> <li>• Exhale, twisting to the right from the base of your spine.</li> </ul> <p>Hold for 5 breaths, switch sides (left foot on outside of right thigh, right foot beside left hip, the fingertips of your left hand behind you, hugging the right knee to your chest and twisting to the left) and hold 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>	<p>1. Flamingo Stretch</p> <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> <p>2. Toe Touch</p> <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> <p>3. Side Reach</p> <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> <p>4. Toe Touch Twists</p> <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>