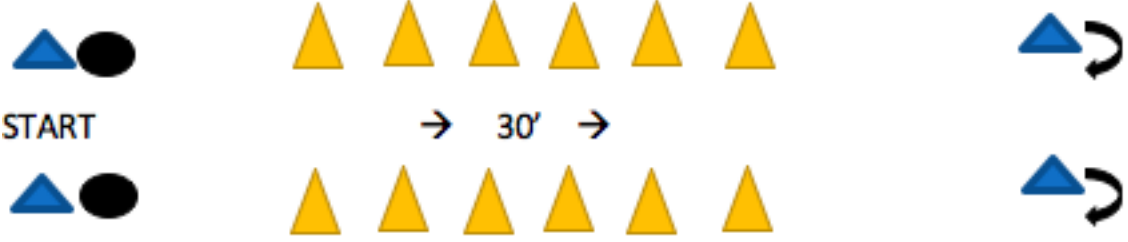


Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones 	<u>Relay Race</u> <ul style="list-style-type: none"> • 4 Short Cones • 12 Tall Cones • 2 Sandbells 	<u>PE Game</u> <ul style="list-style-type: none"> • 1 or more Playground Balls • Dodgeballs • Short Cones • 2 Tall Cones
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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: Walking Arm Circles</p> <p>Warm-Up 2: High Kicks</p> <p>Warm-Up 3: Knee Hugs</p> <p>Warm-Up 4: High Knees</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Plank Rotations</p> <p>Station 2: Hand Walks</p> <p>Station 3: Flutter Kicks</p> <p>Station 4: Kickouts</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 40 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.)	<p>Crocodile Tag</p> <ul style="list-style-type: none"> • Designate a field of play based on the number of players. • Select 2 players to be “it,” and have the remaining players scatter throughout the field of play. • When the coach blows the whistle, players who are “it” begin trying to tag the other players. Players are safe from being tagged when in the “crocodile position” (plank position). • Players can remain in the crocodile position for 3 seconds at a time before having to get up and run again. • If a player is tagged twice, he/she is it.

Relay Race (15 min.)	
Setup	Set up an obstacle course or relay in a space that accommodates the size of the group. Divide players into 2 equal teams and place them at the start cone.
Relay Instructions	<ul style="list-style-type: none"> • Divide each team in half and send half the players to the opposite end cone. • The first player from each group at the start cone picks up a sandbell. When the coach blows the whistle, the player runs in and out of the cones in a figure-eight pattern, moving towards the end cone. • The player then passes the sandbell to the first player at the end cone, who then runs in and out of the cones in a figure-eight pattern towards the start cone. • Each player should run through the cones twice, putting them back in their original line.
Diagram	

PE Game: Powerball (15 min.)	
Setup	Use short cones to create a big circle, with two tall cones marking the middle of the circle.
Game Instructions	<p>Goal of the game: To throw dodgeballs at the playground balls and hit them over the other team's half of the circle.</p> <ul style="list-style-type: none"> • Divide players into 2 teams. Have one team stand outside 1 half of the circle and the other team stand outside the other half. • Give each team an equal number of dodgeballs and place a playground ball in the middle of the circle. • On "Go!", teams start throwing or rolling the dodgeballs at the playground ball and try to push it over the other team's half of the circle. • When the playground ball crosses team A's edge of the circle, team B gets a point. • Variations: You can put more playground balls in the middle of the circle to make it more difficult.

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	Mindful Bubbles 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.

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, 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 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.

	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.
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Cooldown Stretches (5 min.)	
Setup	Group students at arm's length. Complete each stretch twice.
Cooldown Stretches	<ol style="list-style-type: none"> 1. Arm Stretches Across Body <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. 2. Arm Stretches Behind Body <ul style="list-style-type: none"> • Put your hands behind body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. Hold for 30 seconds. 3. Side Reach <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. 4. Toe Touch Twists <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.