

Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 9 Hula Hoops • 9 Beanbags of Color A • 9 Beanbags of Color B 	<ul style="list-style-type: none"> • 1 Short Cone • 1 Agility Ladder • 14 Dots/Poly Spots • 4 Hurdles • 1 Playground Ball 	<ul style="list-style-type: none"> • 1 Dodgeball

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: Step-Ups</p> <p>Station 2: In In Out Out</p> <p>Station 3: Liners</p> <p>Station 4: Squats</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>Tic Tac Toe</p> <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops, and divide players into 2 teams. • Divide the beanbags evenly between the teams, and be sure each team has a specific color. For example, team A's bags might be green, while team B's beanbags are red. • Standing 10 feet away, the first players on each team pick up a beanbag of their color and toss it into one of the squares in the grid. • Each player after takes a turn tossing a beanbag until one team is able to get 3 bean bags in a row (vertical, horizontal or diagonal). • Variations: Create an obstacle course to run through before tossing bean bag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc.

Obstacle Course (15 min.)	
Setup and Instructions	<p>Set an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Form a line behind the start cone. One player at a time completes this course. Players start by running up to the ladder and jumping in and out for the full length of the ladder. Next, players hop from dot to dot on one foot, following the zig-zag pattern and staying on the same foot. Then, players jump sideways over the hurdles. After the last hurdle, the coach will toss a playground ball to each player, and the player must jump up, try to catch the ball while in midair, and toss it back to the coach before landing. Players return to the start line to repeat the course. Players should complete course at least twice.</p>
Diagram	<p>The diagram illustrates the layout of the obstacle course. It begins with a blue triangle labeled 'START'. A double-headed arrow indicates a 10-foot 'Run' to a 'Ladder Drill' consisting of six rectangular rungs. Another 20-foot 'Run' leads to 'One-Legged Hops on Dots', represented by two rows of colored circles (red, green, orange, blue, purple, red, green). Below this is a row of four blue 'Hurdles'. A red dot represents the 'Playground Ball Toss' location. A curved arrow shows the path from the hurdles back to the start. A straight arrow labeled 'Back to Start' points from the ball toss location back to the start.</p>

PE Game: Silent Ball (15 min.)	
Setup	<p>Players scatter around the play area within throwing distance, about 3–5 feet away from each other. It should be easy to throw and catch. This is a perfect game to play in the classroom on rainy days, or in small spaces.</p>
Game Instructions	<p>Goal of the game: To throw and catch the ball quietly.</p> <ul style="list-style-type: none"> • One player starts with the ball and counts down, “3,2,1, silent,” then passes the ball to another player. • If a player drops the ball, makes a bad pass, or makes noise, they are out, and must sit down. • Play continues until only 1 player remains. • Variations: Can be played with 2 balls or with limited time to throw.

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 Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and with hands or fists placed on the hips.

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	<ol style="list-style-type: none"> 1. Wide-Legged Forward Fold <ul style="list-style-type: none"> • Interlace your hands behind your back. • Set your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> 2. Malasan (Yogi's Squat) <ul style="list-style-type: none"> • 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.) • Separate your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and press your knees into your elbows.

	<p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend your left knee and cross it on the outside of your right foot. • Use your hand to put slight pressure on your left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend your arms into a T, perpendicular to the torso. • Turn your head so your eyes can see to the left. <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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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. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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.