

Class Equipment List	<u>Fitness Stations & Game</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • Beanbags • Dots/Poly Spots 	<ul style="list-style-type: none"> • 4 Short Cones • 2 Ankle Bands • 2 Agility Ladders 	<ul style="list-style-type: none"> • Short Cones

Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.

Warm-Up 1: Skip Forward and Backwards

Warm-Up 2: Side Shuffle

Warm-Up 3: Butt Kickers

Warm-Up 4: Sprint

Fitness Stations & Game (20 min.)

**Stations
(10 min.)**

Station 1: Step-Ups

Station 2: In In Out Out

Station 3: Liners

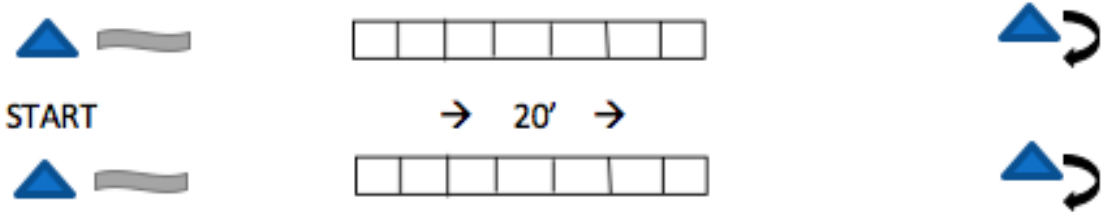
Station 4: Squats

- 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.)**

Dots and Beanbags Race

- Divide the players into 2 teams. Give the first team the dots and the second team the beanbags.
- When the coach blows the whistle, the team with the dots places the dots in random locations on the field, and then returns to the start area. The other team closes their eyes while the dots are being placed.
- Once the first team finishes placing the dots, the team with the beanbags runs out and places one beanbag on every dot, and then returns to the start area.
- The goal is for each team to complete its task as quickly as possible. The coach should be timing how long it takes each team to finish placing dots or beanbags.
- Do a couple of rounds so that both teams have the opportunity to place dots and beanbags. You can change it up by asking teams to perform other movements when placing dots and beanbags, such as hopping, skipping, or running backward.

Relay Race (15 min.)	
Setup	Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.
Relay Instructions	<ul style="list-style-type: none"> • Players divide into 2 teams and stand behind a start cone. • When the coach blows the whistle, the first 2 players from each team put the ankle band around their ankles. One player will have the band around his/her left ankle, and the other will have the band around his/her right ankle. • Once the ankle band is on, the players work together to walk/run through the ladder, stepping/hopping the banded feet in each square, towards the end cone 25 feet away. • Players repeat this movement back to the start cone and pass the ankle band to the next two players in line. • Repeat until all players have gone at least twice.
Diagram	

PE Game: Roshambo Champion (15 min.)	
Setup	Set up a field of play. If necessary, use cones to mark off boundaries.
Game Instructions	<p>Goal of the game: To play roshambo and cheer for others.</p> <ul style="list-style-type: none"> • Everyone spreads out and picks someone to play roshambo with. • Whoever wins roshambo is now the leader, and the player who lost becomes their cheering squad. • The leader of the line then finds someone new to play with. If they win roshambo the player who lost and anyone who is following them gets behind the new winner. • Eventually there will be two very long lines, and it will come down to two people playing. The winner is the champion. • Then you can start a new round.

Mindfulness (40 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;">Heartbeat Exercise</p> <p>Paying attention to one's heartbeat has a role in many mindfulness exercises and activities. Kids can learn how to apply this mindfulness practice to their own lives, as well.</p> <p>Tell your kids to jump up and down, run in place, or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their hearts. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeat and helps them practice their focus. These skills will come in handy as they start engaging in more advanced mindfulness activities.</p>

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	<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 the left ankle with the 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.

	<ul style="list-style-type: none"> • 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>
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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. Flamingo Stretch <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 <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. 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.