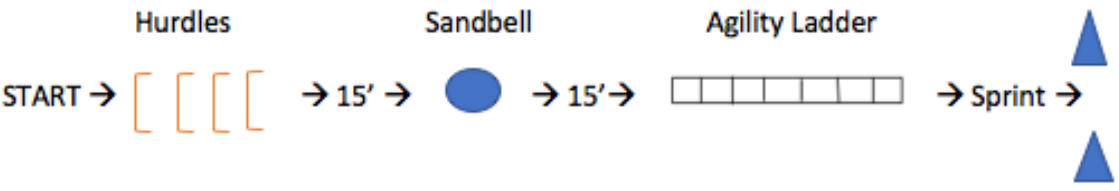


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • Dodgeball (1 Per Pair) 	<ul style="list-style-type: none"> • 4 Hurdles • 1 Sandbell • 1 Agility Ladder • 2 Tall Cones 	<ul style="list-style-type: none"> • 6 Hula Hoops • 6 Poly Spots • Short Cones

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: Bear Crawls</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Stand-Up Bicycles w/ Sandbell</p> <p>Station 2: Planks</p> <p>Station 3: Dead Bugs</p> <p>Station 4: Plank High 5s</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>Head, Shoulders, Knees, Toes, Ball!</p> <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • Coach will say, “Head,” “Shoulders,” “Knees,” or “Toes,” in any order. • Players should touch whichever part of their body the coach calls out. • When the coach yells, “Ball!”, players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p>

Obstacle Course (15 min.)	
<p>Setup and Instructions</p>	<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. To begin, the player jumps over each hurdle, landing both feet on the ground before jumping again. Next, the player picks up the sandbell and throws it down to the ground, repeating the action 5 times. The player then performs fast feet through the ladder (example: 1 foot in, 1 foot out or both feet in, both feet out). After the ladder, the player should sprint through the end cones and then jog back to the start line. Each player should complete the course at least twice.</p>
<p>Diagram</p>	 <p>The diagram illustrates the layout of the obstacle course. It begins with a 'START' label followed by an arrow pointing to three orange brackets representing 'Hurdles'. An arrow labeled '→ 15' →' points to a blue circle representing a 'Sandbell'. Another arrow labeled '→ 15' →' points to a row of six white boxes representing an 'Agility Ladder'. An arrow labeled '→ Sprint →' points to two blue triangles representing end cones.</p>

PE Game: Toxic River (15 min.)	
<p>Setup</p>	<p>Create 2 lines of cones about 20 to 50 feet apart.</p>
<p>Game Instructions</p>	<p>Goal of the game: To use hula hoops and poly spots to step on or inside in order to cross the toxic river.</p> <ul style="list-style-type: none"> • Divide class into 2 teams. • Give each team 3 hula hoops, and 3 poly spots. • Have each team start on the bank of the river with their supplies. • They have to use their supplies to cross the toxic river, which is between the cones. • Players lay the hula hoops and poly spots on the floor and their entire team must try to cross the toxic river at once. • Players must work together to step in the hula hoops or on the poly spots. To move further down the rivers, players must pass supplies down their line. • Players cannot step in the toxic river, only on the poly spots or in the hula hoops. • Variations: Can be done with the entire class doing this at once.

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;">4-7-8 Breath</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"> • Exhale through their mouths and then close their mouths. • Breath in through their noses for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouths (with whooshing sound) for a count of 8. • Close their mouth and repeat all steps 4 times.

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. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, so the tops of your feet are on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows to your body. • Press the tops of your feet and thighs into the floor. • Straighten your arms to lift your chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to your torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on the opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p>

	<p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift your buttocks off the floor until your thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over your knee, so your shins are perpendicular to the floor. <p>Hold for 6 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. Arm Stretches Across Body</p> <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. <p>2. Arm Stretches Behind Body</p> <ul style="list-style-type: none"> • Put your hands behind your body and interlock fingers. Once they are interlocked, see how far you can bring your arms up. 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.