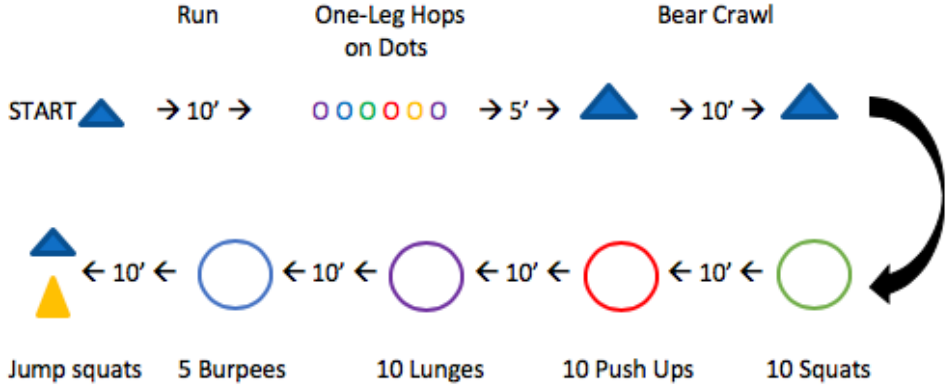


<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Obstacle Course</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 1 Battle Rope</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Short Cones</li> <li>• 6 Dots/Poly Spots</li> <li>• 4 Hula Hoops</li> <li>• 1 Tall Cone</li> </ul>	<ul style="list-style-type: none"> <li>• Short Or Tall Cones</li> <li>• Dots/Poly Spots</li> <li>• Dodgeballs</li> <li>• Sandbells</li> </ul>

<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</p> <p><b>Warm-Up 2:</b> Heel Scoops</p> <p><b>Warm-Up 3:</b> Quad Stretch</p> <p><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</p> <p><b>Station 2:</b> Spider Lunges</p> <p><b>Station 3:</b> Single-Leg Balance</p> <p><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>Tug o' War</b></p> <ul style="list-style-type: none"> <li>• Players divide into teams and line up on opposite ends of the balance rope.</li> <li>• When the coach blows the whistle, teams try to pull the opposite team toward them.</li> <li>• Play until one team has successfully pulled all the players from the other team to their side.</li> </ul>

<b>Obstacle Course (15 min.)</b>	
<p><b>Setup and Instructions</b></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 line forms behind the start cone. One player at a time starts the course. From the start cone, the player runs to the first dot, hops on one leg to the next dot, and repeats these actions until the end of the dots. Next, the player runs to the first cone and bear-crawls to the second cone. After bear crawls, the player performs the activity listed below at each hula-hoop. To finish, the player attempts a jump squat over a short or tall cone without touching the cone. The player returns to the start line to repeat the course. Players should complete course at least twice.</p>
<p><b>Diagram</b></p>	 <p style="text-align: center;">       Run                      One-Leg Hops on Dots                      Bear Crawl        START ▲ → 10' → ○○○○○ → 5' → ▲ → 10' → ▲        ▲ ← 10' ← ○ ← 10' ← ○ ← 10' ← ○ ← 10' ← ○        ▲                      ○                      ○                      ○                      ○        Jump squats    5 Burpees            10 Lunges            10 Push Ups            10 Squats     </p>

<b>PE Game: Moving Day Relay (15 min.)</b>	
<p><b>Setup</b></p>	<p>Divide players into teams and have each team sit in line, where they pile the items at the beginning of each line.</p>
<p><b>Game Instructions</b></p>	<p>Goal of the game: To move items using only their feet.</p> <ul style="list-style-type: none"> <li>Place a pile of equipment at the end of each line. Each team should start out with the same number of items. These can be cones, dots/poly spots, dodge balls, sandbells, or anything that can be picked up using only feet.</li> <li>Players must pass their pile of items down their team's line using only their feet. When an item gets all the way down the line without being touched by someone's hand or being dropped on the ground, that item is finished and out of play.</li> <li>If an item is dropped or someone touches it with their hands, that item has to get passed all the way back to the beginning of the line. Players can use their hands to pass the item back to the beginning.</li> <li>This game continues until teams have passed all items down to the end of the line.</li> <li>Variations: Tricky items like flag belts or bean bags could be used.</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>Bell Ringing</b></p> <ul style="list-style-type: none"> <li>• “Please get into your ‘mindful bodies’ – still and quiet, sitting upright, eyes closed.”</li> <li>• “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.”</li> <li>• Ring a “mindfulness bell,” or have a student ring the bell. Use a bell with a sustained sound or a rain stick to encourage mindful listening.</li> <li>• “Please raise your hand when you can no longer hear the sound.”</li> <li>• When most or all have raised their hands, you can say, “Now slowly, mindfully, move your hand to your stomach or chest, and just feel your breathing.”</li> <li>• You can help students stay focused during the breathing with reminders like, “Just breathing in ... just breathing out ...”</li> </ul> <p style="text-align: center;">Ring the bell to end.</p>

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

	<ul style="list-style-type: none"> <li>• Exhaling, lean your torso forward and fit it snugly between your thighs.</li> <li>• Press your elbows against your inner knees and press your knees into your elbows.</li> </ul> <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> <li>• From a supine position (lying on your back), bend your left knee and cross it on the outside of your right foot.</li> <li>• Use your hand to put slight pressure on your left knee to push it toward the floor.</li> <li>• Keep both shoulders squared and rooted to the floor.</li> <li>• Extend your arms into a T, perpendicular to the torso.</li> <li>• Turn the head so the eyes can see to the left.</li> </ul> <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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<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>