

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 Short Cones • 9 Hula Hoops • 9 Beanbags Of Color A • 9 Beanbags Of Color B 	<ul style="list-style-type: none"> • 4 Short Cones • 1 Sandbell • 12 Dots/Poly Spots • 1 Agility Ladder 	<ul style="list-style-type: none"> • 2 Pinnies • 18 Dodgeballs • 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: 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 style="text-align: center;">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 bean bags are red. • Standing 10 feet away, the first players om each team pick up a beanbag of their color and toss it into one of the hula hoops 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 for students to run through before tossing a beanbag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc.

	<ul style="list-style-type: none"> • Doctors can tag players who are sitting down to get them back in the game. Doctors are not targets, and cannot be out. • If a player catches a thrown ball, the thrower is out and sits down to wait for their team's doctor. • Play continues until all of one team's players are out. • Variations: The rule about being hit from the shoulders down can be changed to waist down. Doctors can be out, or have 3 lives.
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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 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. Cobra Pose <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 back 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 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 your 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.

4. Toe Touch Twists

- 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.