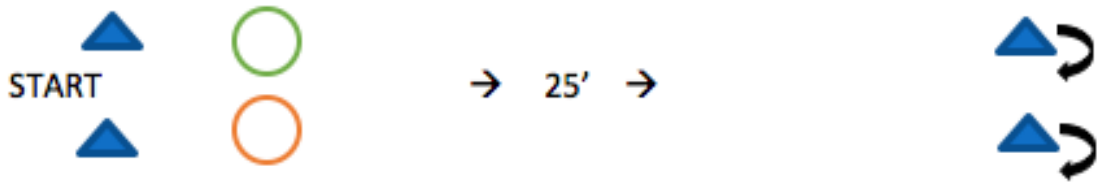


Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones • 36 Beanbags 	<u>Relay Race</u> <ul style="list-style-type: none"> • 4 Short Cones • 2 Hula Hoops 	<u>Pe Game</u> <ul style="list-style-type: none"> • Hula Hoops (1 Per Group) • Dodgeballs (1 Per Group) • Cones Or Dots/Poly Spots
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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;">Beanbag Tag</p> <ul style="list-style-type: none"> • Choose one player to be “it.” Have that player stand in the middle of the playing field with 36 beanbags. • When the coach blows the whistle, all other players try to run from one end of the field of play to the other without being hit by a beanbag. • Players who get hit with a beanbag must perform 5 squats and join the “it” player in the middle to help tag more players. • The last player to get hit with a beanbag is the first “it” for the next round. <p>*Remind players that beanbags should be tossed at or below shoulder height.</p>

Relay Race (15 min.)	
Setup	Set up an obstacle course or relay in a space that accommodates the size of the group.
Relay Instructions	<ul style="list-style-type: none"> • Divide the players into 2 teams and have them line up behind a start cone, with an end cone 30 feet away. • The first player from each team rolls the hula hoop from the start cone to the end cone and back. The others follow. • If the hula hoop falls flat, players must stop and do 5 push-ups before picking up the hula hoop and continuing. • Repeat until all players have gone at least once.
Diagram	

PE Game: Guard the King/Queen? (15 min.)	
Setup	Put one hula hoop down, and then create a circle around it with cones or dots/poly spots, about 10 feet away from the hoop.
Game Instructions	<p>Goal of the game: To throw the ball at the king or queen.</p> <ul style="list-style-type: none"> • Divide players into groups of 5–9. Select 1 player to be the king or queen and 1 player to be the bodyguard. • The king or queen stands in the hula hoop, and the bodyguard stands right outside the hula hoop. • The rest of the group will stand outside the circle. • The king/queen stays standing and the guard moves around the hula hoop. • Players throw the ball and try to hit the king/queen. The king/queen has to stand in one spot, but, can lean sideways or move to dodge the ball. • The bodyguard can go all over the place to block balls thrown at the king/queen. They can catch the ball, block it, hit it away—anything to protect the king/queen from getting hit. • Play continues until the king/queen gets hit by the ball. Then, the king/queen becomes the bodyguard, the bodyguard joins the circle, and the player who threw the ball that hit the king/queen now becomes the king/queen. • Variations: The circle around the hula hoop can be larger to make it more difficult. In bigger groups, 2 balls can be used.

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;">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 your left ankle with your 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, move 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. • 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. Arm Stretches Across Body <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. 2. Arm Stretches Behind Body <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. 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.