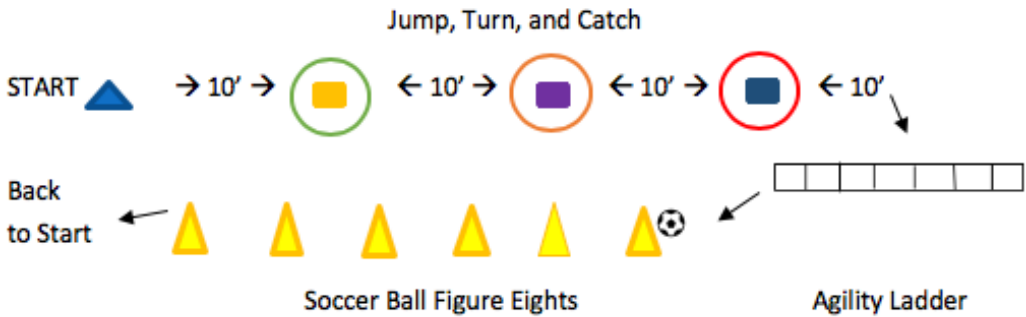


Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • Dodgeballs (1 Per Pair) 	<u>Obstacle Course</u> <ul style="list-style-type: none"> • 1 Short Cone • 3 Hula Hoops • 3 Beanbags • 1 Agility Ladder • 1 Soccer Ball • 6 Tall Cones 	<u>PE Game</u> <ul style="list-style-type: none"> • 1 Playground Ball • 5 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: Skip Forward and Backwards</p> <p>Warm-Up 2: Side Shuffle</p> <p>Warm-Up 3: Butt Kickers</p> <p>Warm-Up 4: Sprint</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Step-Ups</p> <p>Station 2: In In Out Out</p> <p>Station 3: Liners</p> <p>Station 4: Squats</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;">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. • The coach says, “Head,” “Shoulders,” “Knees,” or “Toes,” in any order. • Players 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. Players run to the first hula-hoop, pick up a beanbag, and throw it up high in the air. Immediately after throwing the beanbag in the air, players jump and spin 360 degrees, then try to catch the beanbag before it hits the ground. They get three tries to catch the beanbag at each hula-hoop. Players should run between hula-hoops. From the last hula-hoop, players run to the agility ladder, where a coach tells them how to go through the ladder (e.g., hop on one foot, hop scotch, two feet in and two feet out, etc.). Next, players kick a soccer ball in figure-eights around the tall cones to the end of the course.</p>
<p>Diagram</p>	 <p style="text-align: center;">Jump, Turn, and Catch</p> <p>START → 10' → (Green Circle with Yellow Square) ← 10' → (Orange Circle with Purple Square) ← 10' → (Red Circle with Blue Square) ← 10' → Agility Ladder</p> <p>Back to Start ← Soccer Ball Figure Eights</p>

PE Game: Kickball (15 min.)	
<p>Setup</p>	<p>Using dots/poly spots, set up a kickball field with 4 bases and 1 pitcher's mound.</p>
<p>Game Instructions</p>	<p>Goal of the game: To kick the ball and make it around the bases without getting out, while also fielding the ball to get the other team out.</p> <ul style="list-style-type: none"> • Baseball rules apply. • The pitcher (who can be the coach, a player from the fielding team, or a player from their own team) rolls the ball to the kicker. • The kicker kicks the ball and tries to make it to a base without getting out. To get a player out, the fielding team must tag them with the ball or step on the base while holding the ball before the runner gets to the base. • When a team has 3 outs, they switch. The fielding team becomes the kicking team. • Variations: With younger players, the game can be played without a pitcher, and the ball can be placed on home plate for the kicker to kick it from there. Bases can be moved closer or farther apart. You can also play with the "everyone kicks" rule, under which everyone kicks each time and teams don't switch at 3 outs.

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 sequence of breath.</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 mouths and repeat all steps 4 times.

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. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace the hands behind the back. • Set your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <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"> • 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.) • Separate your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and press your knees into your

	<p>elbows. Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on your back), bend your left knee and cross it on the outside of the right foot. • Use your hand to put slight pressure on your left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend your arms into a T, perpendicular to your torso. • Turn the head so your eyes can see to the left. <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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Cooldown Stretches (5 min.)	
Setup	Group students at arm's length. Complete each stretch twice.
Cooldown Stretches	<p>1. Flamingo Stretch</p> <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. <p>2. Toe Touch</p> <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. <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.