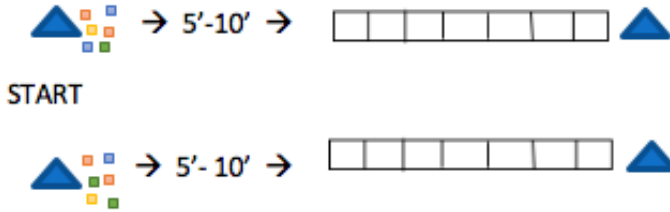


Class Equipment List	Fitness Stations & Games	Relay Race	PE Game
	<ul style="list-style-type: none"> • 4 Tall Cones • 1 Battle Rope 	<ul style="list-style-type: none"> • 4 Short Cones • 30 Beanbags • 2 Agility Ladders 	<ul style="list-style-type: none"> • Beanbags (1 per player) • Short Cones

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: Standup Bicycles</p> <p>Station 2: Front Plank</p> <p>Station 3: Dead Bugs</p> <p>Station 4: Plank High 5's</p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. 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 30 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>Tug O' War</p> <ul style="list-style-type: none"> • Players divide into even teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team to their side of the center.

Relay Race (15 min.)	
Setup	Set up obstacle course or relay in a space that accommodates the size of the group.
Relay Instructions	<ul style="list-style-type: none"> • Divide players into even lines. Each team should have at least 15 beanbags in front of the short cone. • When the coach blows the whistle, the first player in each line picks up a beanbag and tries to toss it into the first box of the ladder. If that player's beanbag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder. • If players miss the appropriate box, they run to collect the beanbag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line. This repeats until all boxes of the ladder have a beanbag. • If players have not made it to the cheering team and all the boxes have been filled, repeat the steps starting with box 1. In this case, there may be more than one beanbag in each box.
Diagram	

PE Game: Beanbag Balance Tag (15 min.)	
Setup	Set up a field of play. Use cones, if necessary, to mark boundaries. Each boundary should be about the size of a basketball court or smaller. This game could be played inside a classroom.
Game Instructions	<ul style="list-style-type: none"> • Goal of the game: to keep the beanbag balanced on the head while tagging people and helping others. • Everyone starts with a beanbag balanced on their head (no holding the beanbag on the head with hands). • Everyone in this game is "it." • Players try to tag each other while balancing the beanbag on their head. • If the beanbag falls off or they are tagged, they are frozen and must drop the beanbag next to them on the ground and wait to be saved by another player, who will come by and pick up the frozen player's beanbag while still balancing their own beanbag. If the player who is doing the saving drops their own beanbag, they also are frozen. • Variations: beanbags can be balanced on head, shoulder, or back of the hand.

Mindfulness (60 sec.)	
Setup	Group students at arm's lengths. Students should be calm and quiet before beginning. Complete the activity for 60 seconds.
Mindfulness Practice	<p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • "Please get into your 'mindful bodies' – still and quiet, sitting upright, eyes closed." • "Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone." • Ring a "mindfulness bell," or have a student ring the bell. Use a bell with a sustained sound or a rainstick to encourage mindful listening. • "Please raise your hand when you can no longer hear the sound." • 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." • You can help students stay focused during the breathing with reminders like "Just breathing in ... just breathing out ..." • Ring the bell to end.

Stretching (5 min.): Please choose the Yoga Stretches and/or Cooldown Stretches below to finish class.	
Setup	Group students at arm's lengths. 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 and place the tops of your feet on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows back into 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 the 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 lengths. 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 hands behind body and interlock fingers. Once interlocked, see how far you can raise your arms. 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 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.