

Class Equipment List	<u>Fitness Stations & Games</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Sandbells 	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Sandbells 	<ul style="list-style-type: none"> • 6 Hula Hoops • Dots/Poly Dots • Beanbags • 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>Hot Potato with Sandbell</p> <ul style="list-style-type: none"> • Players sit or stand in a circle; 2 players opposite each other start with a sandbell. • When the coach blows the whistle, players pass the sandbell around the circle. • When the coach says “Stop,” the 2 players with a sandbell must do 5 push-ups. • Play until all or most of the players have been caught with the “hot potato” and performed 5 push-ups.

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 the players into 2 teams and have each team line up behind a start cone. • When the coach blows the whistle, the first 2 players from each team bear-crawl to the end cone 20 feet away while balancing a sandbell on their back. • At the end cone, players bear-crawl around the cone and back to the start. • When the player returns to their line, the next player goes. • Repeat until all players in line have gone.

PE Game: Hungry, Hungry Hippos (15 min.)	
Setup	Set up a field of play. Use cones, if necessary, to mark boundaries. Place all beanbags and dots/poly spots in a pile in the middle of the field of play. Spread the 6 hula hoops in a circle around the pile of items.
Game Instructions	<p>Goal of the game: to collect as many items as fast as possible.</p> <ul style="list-style-type: none"> • Divide the players into 6 teams, each standing in a line behind a hula hoop. • When the coach says “Go,” the first player in each line races to the center pile, grabs 1 item from the pile, and brings it back to their hula hoop. • Then the next player on each team runs to the pile, grabs 1 item, and brings it back to their hula hoop. • Play continues until all the items in the middle are gone. • Count up each team’s items to see who wins that round. • Variations: certain items can be worth points. For example, poly spots are worth 2 points and everything else is worth 1 point. Points could depend on the color of the item. Players could be told about the different point values either before or after the start of the game.

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;">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 or run in place or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their heart. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeats 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 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. Plow Pose</p> <ul style="list-style-type: none"> • Lie flat on your back with your legs extended and your arms at your sides, palms down. • Use your stomach muscles to lift your legs and hips up toward the ceiling. • Bring your torso perpendicular to the floor. • Straighten your legs and slowly lower your toes to the floor behind your head with your legs fully extended. • If your toes do not yet touch the floor, support your back with your hands. Lower your legs as far as possible, keeping your legs straight. <p>Take 2 breaths by the time you have extended your legs and 6 breaths with your legs extended. Then lift your feet from the floor and draw your knees toward your ears. Take 2 breaths in this position.</p> <p>2. Butterfly Pose</p> <ul style="list-style-type: none"> • From a seated position, bend your knees so that the soles of your feet touch each other. • Bring your heels as close in toward your body as possible. • Wrap your hands around your feet or ankles. • Gently press your forearms or elbows into your thighs so that your knees move toward the floor. • Fold forward from your hips so that your chest moves toward the floor.

	<p>Hold for 6 breaths.</p> <p>3. Seated Spinal Twist</p> <ul style="list-style-type: none"> • Sit up straight with both legs out in front of you. • Cross your right foot to the outside of your left thigh. • Bring your left foot back beside your right hip. • Place your right fingertips behind you. • Hug your left knee into your chest. • Inhale, sitting up tall. • Exhale and twist to the right from the base of your spine. <p>Hold for 5 breaths, then switch sides (left foot to outside of right thigh, right foot beside left hip, left fingertips behind you, hugging the right knee into the chest and twist to the left) and hold for 5 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.