

Class Equipment List	<u>Fitness Stations & Games</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Sandbells 	<ul style="list-style-type: none"> • 1 Short Cone • 15 Dots/Poly Spots • 1 Agility Ladder • 2 Tall Cones 	<ul style="list-style-type: none"> • Short Cones • Waist Flags (1 per player)

Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.

Warm Up 1: Walking Arm Circles

Warm Up 2: High Kicks

Warm Up 3: Knee Hugs

Warm Up 4: Bear Crawls

Fitness Stations & Game (20 min.)

Stations (10 min.)

Station 1: Standup Bicycles

Station 2: Front Plank

Station 3: Dead Bugs

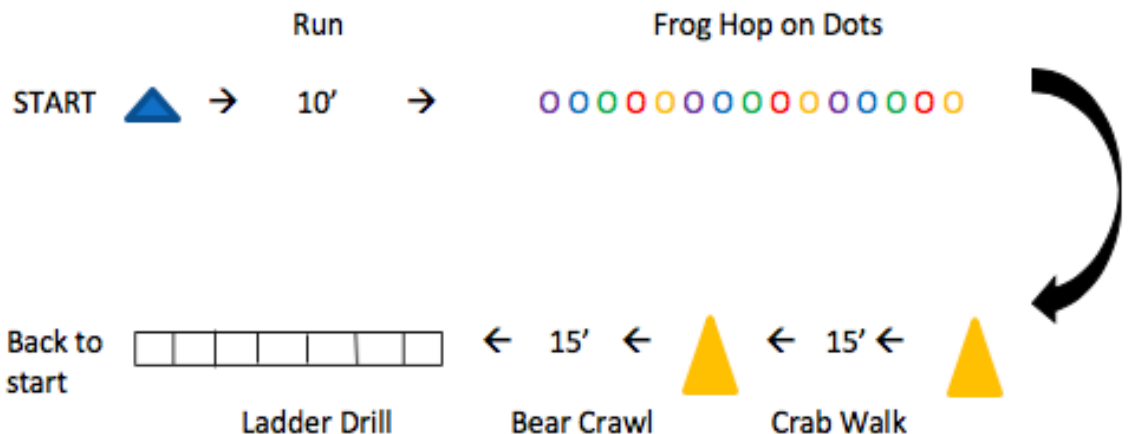
Station 4: Plank High 5's

- 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.)

Hot Potato with Sandbells

- 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.

Obstacle Course (15 min.)	
<p>Setup and Instructions</p>	<p>Set up obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One player at a time starts the course. From the start cone, players run to the first dot where they get into frog position. Players perform 1 frog hop to the next dot and repeat until the end of the dots. From the dots, players run to the first tall cone, crab-walk to the second tall cone, and bear-crawl to the ladder. At the ladder, players perform a ladder drill. They then run back to the start to repeat. Players should complete the course at least twice.</p>
<p>Diagram</p>	

PE Game: Sharks and Minnows (15 min.)	
<p>Setup</p>	<p>Set up a field of play. Use cones, if necessary, to mark boundaries. A basketball court sized space is perfect.</p>
<p>Game Instructions</p>	<p>Goal of the game: to build quickness, avoid being tagged by the sharks, and try to tag the minnows.</p> <ul style="list-style-type: none"> • Choose 1–4 players to start off as “sharks,” who stand in the middle of the field and do not wear the waist flags. • All other players are the “minnows,” who stand together at one end of the field, wearing waist flags. • When the coach or the sharks yell, “Swim!,” the minnows try to run across the field to the other side, while the sharks try to grab their waist flags. • If minnows make it to the other side without getting their flags pulled, they are safe. • If a minnow’s waist flag gets pulled, they put the flag to the side and become a shark. • Play until a couple of minnows are left, then start a new round. • Variations: when a shark pulls a minnow’s waist flag, they become seaweed, frozen

	where their flag was pulled, and cannot move from that spot but can tag minnows who pass by within arm's reach, making them seaweed as well.
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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	Mindful Bubbles Pretend to blow bubbles. Have your kids focus on taking in a deep, slow breath and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles in their minds as they form, detach, and pop or float away.

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.