

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 • 9 Hula Hoops • 9 Beanbags of Color A • 9 Beanbags of Color B 	<ul style="list-style-type: none"> • Dots/Poly Spots 	<ul style="list-style-type: none"> • 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: Toe Walks</p> <p>Warm Up 2: Heel Scoops</p> <p>Warm Up 3: Quad Stretch</p> <p>Warm Up 4: Heel Walks</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Squat Holds</p> <p>Station 2: Spider Lunges</p> <p>Station 3: Single Leg Balance</p> <p>Station 4: Shoulder Taps</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 style="text-align: center;">Tic Tac Toe</p> <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams. • Divide the beanbags evenly among the teams and be sure each team has a specific color. For example, team A's bags might be green, while team B's are red. • Standing 10 feet away, the first players of each team pick up a beanbag and toss it into one of the hula hoops in the grid. • Each following player takes a turn tossing a beanbag until one team can get 3 beanbags in a row (vertical, horizontal or diagonal). • Variations: create an obstacle course to run through before tossing the beanbag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc.

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"> • Use the rules for musical chairs, but play with dots. • Spread out dots, using 1 fewer dot than the total number of players. For example, if there are 20 players, spread out 19 dots. • Before the music starts, coach calls out how players will move around (run, skip, hop, jump, etc.) When the music starts, players move around the dots. When the music stops, players find a dot and do a squat hold in place until the music starts again. The player without a dot is out. • The coach should remove a dot after each round until there is one player left. • Repeat game for time.

PE Game: Chaos Tag (15 min.)	
Setup	Set up a field of play. Use cones, if necessary, to mark boundaries.
Game Instructions	<p>Goal of the game: to work on chasing and fleeing skills.</p> <ul style="list-style-type: none"> • In this tag game, everyone is “it.” • Players who get tagged take a seat on the ground and may not get up until the player who tagged them gets tagged and sits. For example, if Player A tags Player B, Player B sits on the ground and watches to see when Player A gets tagged. Once Player A gets tagged by Player C, Player A sits down, and Player B gets up. • Variations: if the game has stalled, the coach can yell, “Break!” Then everyone is free and back up again, and the game resets.

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;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: stand with your feet just wider than your hips, fists clenched, and arms reaching out, stretching the body out as long as possible. 2. The Wonder Woman: stand tall with your legs wider than hip-width apart and hands or fists placed on the hips.

Stretching (5 min.): Please choose the Yoga Stretches and/or Cooldown Stretches below to finish class.	
Setup	<p>Group students at arm's lengths. Student's should be calm and quiet before beginning.</p> <p>1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breath.</p>
Yoga Stretches	<p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace your hands behind your back. • Step your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, reaching 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 feet. <p>Take 10 breaths total, gently and 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 resist the knees into the elbows. <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend your left knee and cross it outside of your right foot. • Use your hand to put slight pressure on the left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend your arms to a T perpendicular to the torso. • Turn your head so your eyes can see to the left. <p>Take 5 breaths, then repeat on the opposite side (right knee crossed outside the left foot, head turned so eyes can see to the right) for 5 breaths.</p>

Cooldown Stretches (5 min.)	
Setup	Group students at arm's lengths. Complete each stretch twice.
Cooldown	1. Flamingo Stretch

Stretches	<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 your 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. Switch sides and repeat. <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.
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