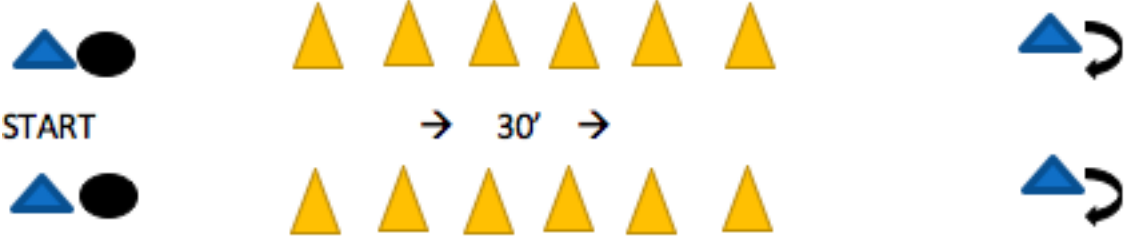


Class Equipment List	<u>Fitness Stations & Games</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • Dodgeballs (1 per pair) 	<ul style="list-style-type: none"> • 4 Short Cones • 12 Tall Cones • 2 Sandbells 	<ul style="list-style-type: none"> • Short Cones • Waist Flags

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: High Knees</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Plank Rotations</p> <p>Station 2: Speed Hand Walks</p> <p>Station 3: Heel Drops</p> <p>Station 4: Kick-Outs</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>Head, Shoulders, Knees, Toes, Ball</p> <ul style="list-style-type: none"> • Divide players into pairs. • Place a ball in the middle of each pair. • Coach will say, “Head,” “Shoulders,” “Knees,” or “Toes” in any order. • Players should touch whichever part of their body the coach calls out. • When the coach yells, “Ball!,” the players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5x. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p>

Relay Race (15 min.)	
Setup	Set up obstacle course or relay in a space that accommodates the size of the group. Divide players into 2 equal teams and place at start cone.
Relay Instructions	<ul style="list-style-type: none"> • Divide each team in half, and send half the players to the opposite end cone. • The first player from each team at the start cone picks up a sandbell. When the coach blows the whistle, the player runs in and out of the cones in a figure “8” position toward the end cone. • The player then passes the sandbell to the first player at the end cone, who then runs in and out of the cones in a figure “8” position toward the start cone. • Each player should run through the cones twice, putting them back in their original line.
Diagram	

PE Game: 10-Second Flag Tag (15 min.)	
Setup	Set up a field of play. Use cones to mark off boundaries.
Game Instructions	<p>Goal of the game: to be quick with focus on grabbing someone else’s flag and protecting your own.</p> <ul style="list-style-type: none"> • Divide the class into 2 teams, and give one team waist flags. • When the coach says “Go!,” the team without flags tries to grab the other team’s flags and put them on. Waist flags can be stolen back. • The coach will count down the time. Start with 30-second rounds, then 20 seconds, and then 10 seconds. • When time is up, count each team’s flags to determine the winner. • Play another round with the other team starting with waist flags. • Variations: movements can change (i.e., players can walk, run, skip, hop, etc.).

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;">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, then close their mouths. • Breathe in through the nose 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 4x.

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.

	<ul style="list-style-type: none"> • 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	<ol style="list-style-type: none"> 1. Arm Stretches Across Body <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. 2. Arm Stretches Behind Body <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. 3. Side Reach <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. 4. Toe Touch Twists <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.