

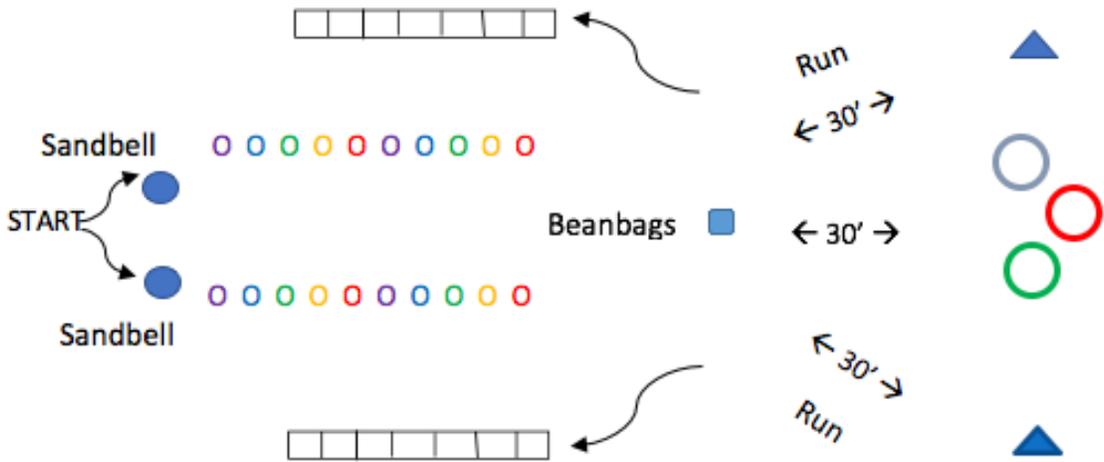
<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Games</u></b>	<b><u>Obstacle Course</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Sandbells</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Sandbells</li> <li>• 20 Dots/Poly Spots</li> <li>• 36 Beanbags</li> <li>• 3 Hula Hoops</li> <li>• 2 Short Cones</li> <li>• 2 Agility Ladders</li> </ul>	<ul style="list-style-type: none"> <li>• Short Cones</li> </ul>

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

	<p><b>Warm Up 1:</b> Walking Arm Circles</p> <p><b>Warm Up 2:</b> High Kicks</p> <p><b>Warm Up 3:</b> Knee Hugs</p> <p><b>Warm Up 4:</b> High Knees</p>
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**Fitness Stations & Game (20 min.)**

<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Plank Rotations</p> <p><b>Station 2:</b> Speed Hand Walks</p> <p><b>Station 3:</b> Heel Drops</p> <p><b>Station 4:</b> Kick-Outs</p> <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. Stations should be approximately 25 feet apart.</li> <li>• Divide the players into 4 small groups—1 group per station.</li> <li>• 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.</li> <li>• Players should complete each station at least 3 times.</li> </ul>
<b>Game (10 min.)</b>	<p style="text-align: center;"><b>Over or Under</b></p> <ul style="list-style-type: none"> <li>• Divide the players into 4 teams, and give each team 1 sandbell.</li> <li>• Each team lines up across the field, one player behind the other. The player in front starts by passing the sandbell either overhead or between his/her legs to the player behind.</li> <li>• The next player passes the sandbell either overhead or between his/her legs to the player behind.</li> <li>• Continue passing the sandbell over or under until it reaches the end of the line, at which point the last player runs with the sandbell to the front of the line and starts again.</li> <li>• Play continues until each player has been to the front of the line.</li> </ul>

<b>Obstacle Course (15 min.)</b>	
<b>Setup and Instructions</b>	<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>Divide the players into 2 lines. One player from each line starts the course. To start, players pick up a sandbell and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one beanbag into a hula hoop that is 30 feet away. Once they get a beanbag into the hula hoop, they run down and around the cone that is 30 feet away. Lastly, players hop through the agility ladder sideways and return to the start. Each player repeats this obstacle course several times.</p>
<b>Diagram</b>	

<b>PE Game: Secret Agent Tag (15 min.)</b>	
<b>Setup</b>	Set up a field of play. If necessary, use cones to mark off boundaries.
<b>Game Instructions</b>	<p>Goal of the game: to tag or free others.</p> <ul style="list-style-type: none"> <li>• In this tag game, there are 3 jobs: <ul style="list-style-type: none"> <li>○ Bad guys – try to tag everyone who is standing up. If tagged by a bad guy, the player must sit down until freed by a secret agent. If a bad guy tags another bad guy, nothing happens.</li> <li>○ Secret agents – try to tag anyone who is sitting down to free them and also try to avoid getting tagged by a bad guy. If tagged by a bad guy, they must sit and wait until another secret agent frees them.</li> <li>○ Citizens – don't have a specific job, but run around and will get tagged by the bad guys and freed by the secret agents.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Sit players in a circle with their eyes closed. The coach will go around and tap 3–5 players once on the head – these will be the bad guys. The coach will also go around and tap 3–5 players twice on the head – these players will be secret agents. In a class of 20, usually 5 players are bad guys and 6 are secret agents. If a player’s head is not tapped, then they are a citizen.</li> <li>• Ask players to stand up and spread out. The coach will say “Go!” to start the round.</li> <li>• Rounds go on 5–10 minutes, until the bad guys tag all the secret agents.</li> <li>• Variations: to lengthen the game, have more secret agents than bad guys.</li> </ul>
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<b>Mindfulness (60 sec.)</b>	
<b>Setup</b>	Group students at arm’s lengths. Students should be calm and quiet before beginning. Complete the activity for 60 seconds.
<b>Mindfulness Practice</b>	<p style="text-align: center;"><b>Body Scan</b></p> <p>The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.</p> <ul style="list-style-type: none"> <li>• Have your kids lie down on their backs on a comfortable surface and close their eyes.</li> <li>• Then tell them to squeeze every single muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone.</li> <li>• After a few seconds, have them release all their muscles and relax for 20–30 seconds.</li> <li>• Encourage them to think about how their bodies are feeling throughout the activity.</li> </ul>

<b>Stretching (5 min.):</b> Please choose the Yoga Stretches and/or Cooldown Stretches below to finish class.	
<b>Setup</b>	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.
<b>Yoga Stretches</b>	<p>1. Downward-Facing Dog</p> <ul style="list-style-type: none"> <li>• Pose with your head down, with the weight of the body on the palms and the feet.</li> <li>• Stretch the arms straight forward, shoulder-width apart.</li> <li>• Place the feet a foot apart, with the legs straight, and the hips raised as high as possible.</li> </ul> <p>Take 5 breaths. Hold your right ankle with your left hand and take 3 breaths. Switch sides and repeat.</p>

	<p>2. Pigeon Pose</p> <ul style="list-style-type: none"> <li>• From all fours, bring your right knee forward toward your right wrist. Depending on your body, your knee may be just behind your wrist or to the outer or inner edge of it.</li> <li>• Your right ankle will be somewhere in front of your left hip.</li> <li>• Slide your left leg back and point your toes, pointing your heel up to the ceiling.</li> </ul> <p>Take 5 breaths, move to Downward-Facing Dog, then switch back to Pigeon Pose with your left knee brought to your left wrist. Take 5 breaths.</p> <p>3. Lizard Pose</p> <ul style="list-style-type: none"> <li>• Begin in Downward-Facing Dog.</li> <li>• On an exhale, step your right foot forward to the outside (pinky finger) edge of your right hand. Both arms should be to the left of the right leg.</li> <li>• Lower your left knee down onto the ground and release the top of your left foot.</li> </ul> <p>Hold for 5 breaths, move back to Downward-Facing Dog, and then repeat Lizard Pose with the other leg and hold for 5 breaths. Return to Downward-Facing Dog, then walk your feet up to your hands and unroll your spine upward until you are standing.</p>
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<b>Cooldown Stretches (5 min.)</b>	
<b>Setup</b>	Group students at arm's lengths. Complete each stretch twice.
<b>Cooldown Stretches</b>	<p>1. Arm Stretches Across Body</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p>2. Arm Stretches Behind Body</p> <ul style="list-style-type: none"> <li>• Put hands behind body and interlock fingers. Once interlocked, see how far you can raise your arms. Hold for 30 seconds.</li> </ul> <p>3. Side Reach</p> <ul style="list-style-type: none"> <li>• Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat on opposite side.</li> </ul> <p>4. Toe Touch Twists</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>