

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 Agility Ladders • Dots/Poly Spots • Beanbags 	<ul style="list-style-type: none"> • 1 Short Cone • 1 Agility Ladder • 14 Dots/Poly Spots • 4 Hurdles • 1 Playground Ball 	<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.

Warm Up 1: Skip Forward & Backward

Warm Up 2: Side Shuffle

Warm Up 3: Butt Kickers

Warm Up 4: Sprint

Fitness Stations & Game (20 min.)

Stations (10 min.)

Station 1: Step-Ups

Station 2: In, In, Out, Out, Ladder

Station 3: Mountain Climbers

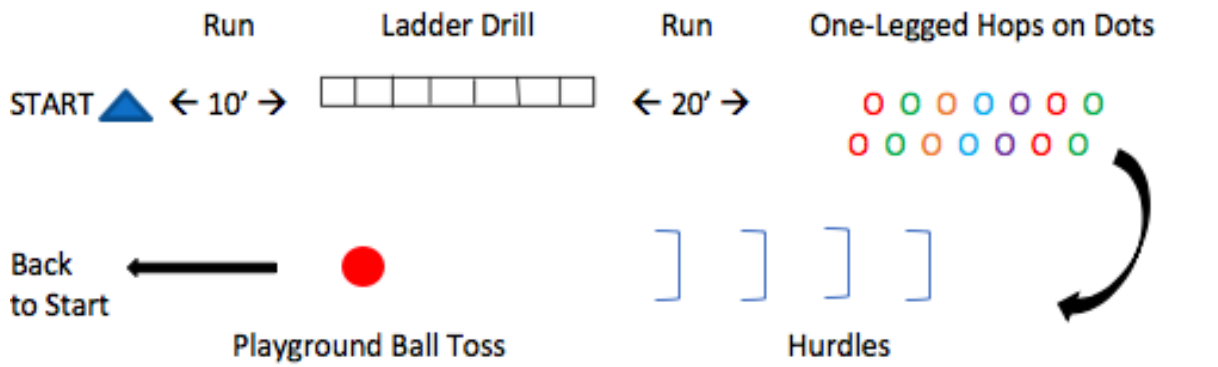
Station 4: Squats

- 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.)

Dots and Beanbags Race

- Divide the players into 2 teams. Give one team the dots and the other the beanbags.
- When the coach blows the whistle, the team with the dots places them in random locations on the field of play and returns to the start area. The other team keeps its eyes closed while the dots are being placed.
- Once the first team finishes placing the dots, the team with the beanbags runs out and places one beanbag on every dot, then returns to the start area.
- The goal is for each team to complete their task as quickly as possible. The coach should time how long it takes each team to finish placing dots or beanbags.
- Do a couple of rounds so that both teams have the opportunity to place dots and beanbags.
- Variation: ask teams to perform other movements when placing dots and beanbags, such as hopping, skipping, or running backwards.

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>Form one line behind the start cone. One player at a time completes this course. Players start by running up to the ladder and jumping in and out of the ladder for its full length. Next, players hop from dot to dot on one foot following the zig-zag pattern, staying on the same foot. Then, players jump sideways over the hurdles. After the last hurdle, the coach tosses a playground ball to the player, and the player must jump up and try to catch the ball while in midair and toss it back to the coach before landing. Players return to the start line to repeat the course. 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. Student's 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. Downward-Facing Dog</p> <ul style="list-style-type: none"> • Pose with your head down, with the weight of the body on the palms and the feet. • Stretch the arms straight forward, shoulder-width apart. • Place the feet a foot apart, with the legs straight, and the hips raised as high as possible. <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"> • 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. • Your right ankle will be somewhere in front of your left hip. • Slide your left leg back and point your toes, pointing your heel up to the ceiling. <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"> • Begin in Downward-Facing Dog. • 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.

	<ul style="list-style-type: none"> • Lower your left knee down onto the ground and release the top of your left foot. <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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Cooldown Stretches (5 min.)	
Setup	Group students at arm's lengths. Complete each stretch twice.
Cooldown Stretches	<ol style="list-style-type: none"> 1. Flamingo Stretch <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. 2. Toe Touch <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. 3. Side Reach <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. 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.