

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 • 9 Hula Hoops • 9 Beanbags of Color A • 9 Beanbags of Color B 	<ul style="list-style-type: none"> • 4 Hurdles • 1 Sandbell • 1 Agility Ladder • 2 Tall Cones 	<ul style="list-style-type: none"> • Waist Flags (1 per player) • Dot/Poly Spots or Short Cones

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

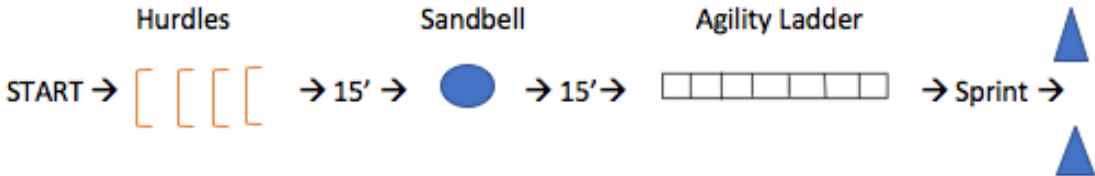
Station 4: Plank High 5's

- 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.)

Tic Tac Toe

- 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.

Obstacle Course (15 min.)	
Setup and Instructions	<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 person at a time starts the course. To begin, the player jumps over each hurdle landing both feet on the ground before jumping again. Next, the player picks up the sandbell and throws it down to the ground, repeating the action 5 times. The player then performs fast feet through the ladder (example: 1 foot in, 1 foot out or both feet in, both feet out). After the ladder, the player should sprint through the end cones and then jog back to the start line. Each player should complete the course at least twice.</p>
Diagram	

PE Game: Fruit Salad (15 min.)	
Setup	Create a large circle with the dots/poly spots and/or cones.
Game Instructions	<p>Goal of the game: to run across the circle while dodging taggers.</p> <ul style="list-style-type: none"> • Select 1–2 players to start as “it.” • The rest of the players will put on a waist flag and stand on a dot/poly spot or next to a cone. These players will choose what fruit to be (e.g., apples, bananas, oranges, strawberries, etc.). Any fruit can be chosen, but no more than 4–5 fruits per game. • Once players choose what fruit to be, they keep that choice for the whole game. • The tagger(s) start in the middle of the circle and yell out a type of fruit. For example, if the tagger(s) yell “banana,” players who chose to be bananas try to run across the circle to an open spot or cone while evading tagger(s), who try to pull their flags. • Players whose flags are pulled freeze immediately and help with tagging other players who come within arm’s reach, but they cannot move from that spot. • When all players either are frozen or have safely reached a spot or cone, the tagger(s) call out another fruit. Tagger(s) can also call out “fruit salad,” which means that all other players, regardless of the fruit they have chosen to be, must run across the circle, trying to avoid having their flags pulled. • Play until almost all players’ flags are pulled. • Variations: start with more taggers to have the rounds finish more quickly.

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	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	<ol style="list-style-type: none"> 1. Cobra Pose <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> 2. Spinal Twist <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> 3. Bridge Pose <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible.

	<ul style="list-style-type: none"> • 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.