

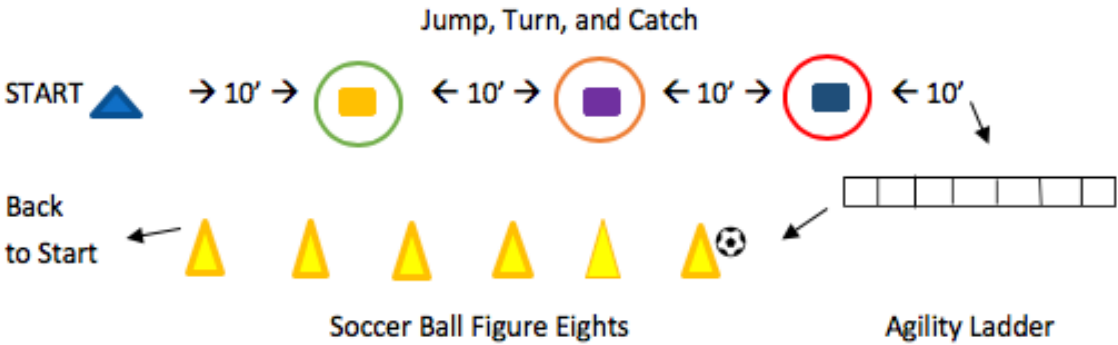
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 9 Hula Hoops • 9 Beanbags of Color A • 9 Beanbags of Color B | <ul style="list-style-type: none"> • 1 Short Cone • 3 Hula Hoops • 3 Beanbags • 1 Agility Ladder • 1 Soccer Ball • 6 Tall Cones | <ul style="list-style-type: none"> • 1 Dodgeball |

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

| | |
|--|---|
| | <p>Warm Up 1: Skip Forward and Backwards</p> <p>Warm Up 2: Side Shuffle</p> <p>Warm Up 3: Butt Kickers</p> <p>Warm Up 4: Sprint</p> |
|--|---|

Fitness Stations & Game (20 min.)

| | |
|---------------------------|--|
| Stations (10 min.) | <p>Station 1: Step-Ups</p> <p>Station 2: In, In, Out, Out</p> <p>Station 3: Mountain Climbers</p> <p>Station 4: Squats</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. |

| 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. Players run to the first hula hoop, pick up a beanbag, and throw it up high in the air. The player immediately jumps and spins 360 degrees, then tries to catch the beanbag before it hits the ground. They get three tries at each hula hoop to catch the beanbag. Players should run between hula hoops. From the last hula hoop, players run to the agility ladder, where a coach tells them how to go through the ladder (e.g., hop on one foot, hopscotch, two feet in and two feet out, etc.). Next, players kick a soccer ball in a figure “8” pattern around the tall cones to the end of the course.</p> |
| Diagram |  <p style="text-align: center;">Jump, Turn, and Catch</p> <p>START → 10' → (Green Circle with Yellow Square) ← 10' → (Orange Circle with Purple Square) ← 10' → (Red Circle with Blue Square) ← 10' → Agility Ladder</p> <p>Back to Start ← Soccer Ball Figure Eights</p> |

| PE Game: Group Juggling (15 min.) | |
|--|---|
| Setup | <p>Have players stand in a circle.</p> |
| Game Instructions | <p>Goal of the game: to throw the ball so a classmate can catch it; underhand throws work best.</p> <ul style="list-style-type: none"> • One player starts with the ball and throws it to a player across the circle, who must catch it and then throw to a different player. • This pattern continues until all players have thrown and caught the ball. Once a player has thrown the ball, they cannot throw the ball until the next round. For example: Player A throws to Player B, Player B throws to Player C. The last player throws it back to Player A. • Players will repeat this pattern, getting faster and faster. • Variations: players can be timed to see how fast they can throw the ball, add in more balls, 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;">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. Student's 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. Wide-Legged Forward Fold <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> 2. Malasan (Yogi's Squat) <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 Stretches | <p>1. Flamingo Stretch</p> <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. |