

Day!Class Equipment List	<u>Fitness Stations & Game</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 1 Parachute 	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands 	<ul style="list-style-type: none"> • 6 Hula Hoops • 6 Cones • Beanbags (1 per player)

Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	Warm Up 1: Skip Forward and 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 Station 3: Mountain Climbers Station 4: Squats <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.)	Parachute <ul style="list-style-type: none"> • Have everyone hold a handle on the parachute. If needed, divide the players into 2 groups and use 2 parachutes. • Players should work together to get the parachute as high as possible into the air without letting go. When the parachute is at its highest, the coach should choose from the following: <ul style="list-style-type: none"> ○ Call the name of one or two players to run around the group and return to their spot(s) before the parachute hits the ground. ○ Call the names of two players to change places by running under the parachute. ○ Call the name of one player to run and tag another player on the opposite side of the parachute, then run back to his/her spot before the parachute falls. (Repeat until each player's name has been called.)

Relay Race (15 min.)	
Setup	Set up obstacle course or relay in a space that accommodates the size of the group.
Relay Instructions	<ul style="list-style-type: none"> • Divide the players into two teams, each lined up behind a start cone. • Place an ankle band at each team's start cone, and put an end cone 20 feet away from each start cone. • The first player from each team puts the ankle band around both ankles and runs to the end cone. • At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on. Then the player runs back to the start cone and passes the band to the next player in line.

PE Game: Bean Bag Golf/Bean Bag Bocce (15 min.)	
Setup	Create a field of play by spreading out the hula hoops. Place a cone 10 feet away from each hula hoop. Hoops should be set up at different distances and around objects such as trees, benches, and play structures.
Game Instructions	<p>Goal of the game: to throw the beanbag with accuracy at the "hole" (hula hoop).</p> <ul style="list-style-type: none"> • This is similar to golf, as players are trying to throw the beanbag at the target, which is the hole. • Give each player a beanbag and have them line up behind each of the cones. • One player at a time throws their beanbag toward the hole. Just like golf, they continue to throw it until it lands in the hole. • After they are done with one hole, they move on to the next. • The players keep track of the throws, and the lowest score wins. • Variations: if limited on space, put the hula hoops and cones closer together, about 5–10 feet apart. Place a dot/poly spot inside each hoop, and now players must start at the cone and try to get their beanbag to land on the spot. If it lands on the spot, it's worth 3 points; inside the hula hoop is worth 1 point. Players keep track of their scores, and the highest score wins.

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;">Heartbeat Exercise</p> <p>Paying attention to one's heartbeat has a role in many mindfulness exercises and activities. Kids can learn how to apply this mindfulness practice to their own lives as well.</p> <p>Tell your kids to jump up and down or run in place or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their heart. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeats and helps them practice their focus. These skills will come in handy as they start engaging in more advanced mindfulness activities.</p>

Stretching (5 min.): Please choose the Yoga Stretches and/or Cooldown Stretches below to finish class.	
Setup	<p>Group students at arm's lengths. Students should be calm and quiet before beginning.</p> <p>1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breath.</p>
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. • 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.