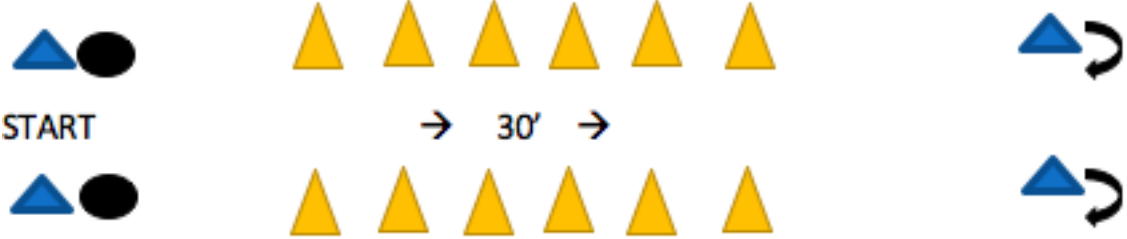


<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Relay Race</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Agility Ladders</li> <li>• 1 Sandbell</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Short Cones</li> <li>• 12 Tall Cones</li> <li>• 2 Sandbells</li> </ul>	<ul style="list-style-type: none"> <li>• Short Cones</li> <li>• Dodgeballs</li> </ul>

<b>Warm-Ups (5 min.):</b> 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>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Planks In, In, Out, Out</p> <p><b>Station 2:</b> Crab Toe Touch</p> <p><b>Station 3:</b> Bicep Curls</p> <p><b>Station 4:</b> Rows</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>Sandbell Tag</b></p> <ul style="list-style-type: none"> <li>• This is a simple game of tag in which the players who are “it” must touch the other players with the sandbell.</li> <li>• When a player is tagged with the sandbell, he/she must hold a plank for 20 seconds before taking the sandbell and switching places with the person who tagged them. The player who was tagged is now “it.”</li> </ul> <p>* Remind players that sandbells should <b>NOT</b> be tossed at other players.</p>

<b>Relay Race (15 min.)</b>	
<b>Setup</b>	Set up obstacle course or relay in a space that accommodates the size of the group. Divide players into 2 equal teams and place at start cone.
<b>Relay Instructions</b>	<ul style="list-style-type: none"> <li>• Divide each team in half, and send half the players to the opposite end cone.</li> <li>• The first player from each team at the start cone picks up a sandbell. When the coach blows the whistle, the player runs in and out of the cones in a figure “8” position toward the end cone.</li> <li>• The player then passes the sandbell to the first player at the end cone, who then runs in and out of the cones in a figure “8” position toward the start cone.</li> <li>• Each player should run through the cones twice, putting them back in their original line.</li> </ul>
<b>Diagram</b>	 <p>The diagram illustrates a relay race setup. On the left, there is a 'START' line marked with a blue triangle and a black circle. On the right, there is an end line marked with a blue triangle and a black circle. Two parallel lines of six yellow triangles (cones) are positioned between the start and end lines. A distance of 30 feet is indicated between the start and end lines. Arrows show the direction of the relay run.</p>

<b>PE Game: Last One Standing – Dodgeball (15 minutes)</b>	
<b>Setup</b>	Set up a field of play and create a midline with cones to divide the field of play.
<b>Game Instructions</b>	<p>Goal of the game: to throw balls at targets while dodging balls.</p> <ul style="list-style-type: none"> <li>• Divide players into 2 teams, standing on opposite sides of the field, each with half of the dodgeballs.</li> <li>• When the Coach says, “Go!,” players grab the balls and throw them at the other team while staying on their half of the field.</li> <li>• Players who are hit from the shoulders down go to the side. They can be out for the rest of the game or have to do jumping jacks, push-ups, or planks to get back into the game.</li> <li>• If a player catches a thrown ball, the thrower is out.</li> <li>• Play continues until all of one team’s players are out or until time expires.</li> <li>• Variations: instead of being hit from the shoulders down, it can be changed to waist down.</li> </ul>

<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>Heartbeat Exercise</b></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>

<b>Stretching (5 min.): Please choose the Yoga Stretches and/or Cooldown Stretches below to finish class.</b>	
<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</li> </ul>

	<p>right hand. Both arms should be to the left of the right leg.</p> <ul style="list-style-type: none"> <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>	<ol style="list-style-type: none"> <li>1. Arm Stretches Across Body <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> </li> <li>2. Arm Stretches Behind Body <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> </li> <li>3. Side Reach <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> </li> <li>4. Toe Touch Twists <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> </li> </ol>