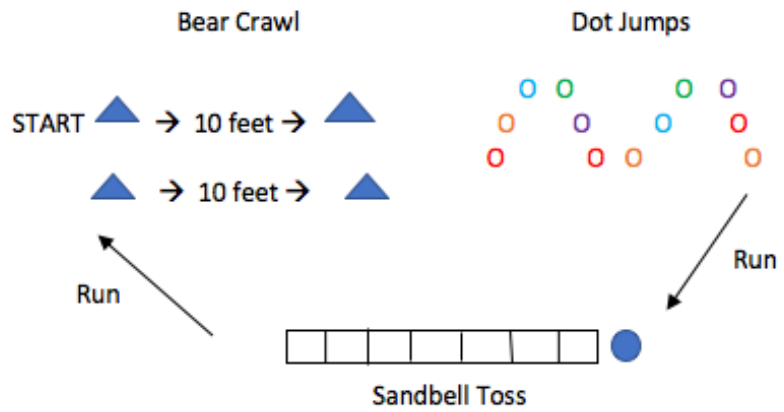


<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Obstacle Course</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Agility Ladders</li> <li>• Dodgeballs (1 per group)</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Short Cones</li> <li>• 1 Sandbell</li> <li>• 12 Dots/Poly Spots</li> <li>• 1 Agility Ladder</li> </ul>	<ul style="list-style-type: none"> <li>• Short Cones</li> <li>• Waist Flags (1 per player)</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> Biceps 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><b>Head, Shoulders, Knees, Toes, Ball</b></p> <ul style="list-style-type: none"> <li>• Divide players into pairs.</li> <li>• Place a ball in the middle of each pair.</li> <li>• Coach will say, “Head,” “Shoulders,” “Knees,” or “Toes” in any order.</li> <li>• Players should touch whichever part of their body the coach calls out.</li> <li>• When the coach yells, “Ball!,” the players race to grab the ball.</li> <li>• The first player to grab the ball calls out an exercise for the other player to do 5x.</li> <li>• Repeat for time.</li> </ul> <p>* Coach should encourage students to pick different exercises.</p>

<b>Obstacle Course (15 min.)</b>	
<b>Setup and Instructions</b>	<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 2 lines behind the start cone. Before leaving the start cone, the first player from each line will do a back-to-back wall sit and hold for 15 seconds. Players should then bear crawl from the start cone to the end cone. Next, the players jump with two feet in a zig-zag pattern, landing on each dot. Players should then run to opposite sides of the ladder. One player should pick up the sandbell and gently toss it to their partner. Players should toss it back-and-forth to each other while sideways shuffling down and back up the ladder. One player should put the sandbell back at the start of the ladder before sprinting with partner back to the start of the course. Players should go through course at least twice.</p>
<b>Diagram</b>	

<b>PE Game: Secret Agent Tag (15 min.)</b>	
<b>Setup</b>	<p>Set up a field of play. If necessary, use cones to mark off boundaries.</p>
<b>Game Instructions</b>	<p>Goal of the game: to tag or free others.</p> <ul style="list-style-type: none"> <li>• In this tag game, there are 3 jobs: <ul style="list-style-type: none"> <li>○ Bad guys – try to tag everyone who is standing up. If tagged by a bad guy, the player must sit down until freed by a secret agent. If a bad guy tags another bad guy, nothing happens.</li> <li>○ Secret agents – try to tag anyone who is sitting down to free them and also try to avoid getting tagged by a bad guy. If tagged by a bad guy, they must sit and wait until another secret agent frees them.</li> <li>○ Citizens – don't have a specific job, but run around and will get tagged by the bad guys and freed by the secret agents.</li> </ul> </li> <li>• Sit players in a circle with their eyes closed. The coach will go around and tap 3–5 players once on the head – these will be the bad guys. The coach will also go</li> </ul>

	<p>around and tap 3–5 players twice on the head – these players will be secret agents. In a class of 20, usually 5 players are bad guys and 6 are secret agents. If a player’s head is not tapped, then they are a citizen.</p> <ul style="list-style-type: none"> <li>• Ask players to stand up and spread out. The coach will say “Go!” to start the round.</li> <li>• Rounds go on 5–10 minutes, until the bad guys tag all the secret agents.</li> <li>• Variations: to lengthen the game, have more secret agents than bad guys.</li> </ul>
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<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>4-7-8 Breath</b></p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongues pressed against the back of their top teeth during the entire sequence of breath.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> <li>• Exhale through their mouths, then close their mouths.</li> <li>• Breathe in through the nose for a count of 4.</li> <li>• Hold their breath for a count of 7.</li> <li>• Exhale through their mouths (with whooshing sound) for a count of 8.</li> <li>• Close their mouths and repeat all steps 4x.</li> </ul>

<b>Stretching (5 min.):</b> Please choose the Yoga Stretches and/or Cooldown Stretches below to finish class.	
<b>Setup</b>	<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>
<b>Yoga Stretches</b>	<p>1. Cobra Pose</p> <ul style="list-style-type: none"> <li>• Lie on your belly.</li> <li>• Stretch your legs back and place the tops of your feet on the floor.</li> <li>• Spread your hands on the floor under your shoulders.</li> <li>• Hug your elbows back into your body.</li> <li>• Press the tops of your feet and thighs into the floor.</li> <li>• Straighten your arms to lift your chest off the floor.</li> </ul> <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> <li>• Lie on your belly, head facing left.</li> </ul>

	<ul style="list-style-type: none"> <li>• Extend your arms to the side so they are perpendicular to your torso.</li> <li>• Roll your left leg from your hip so that it crosses over your right leg.</li> </ul> <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> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> <li>• Lie on your back.</li> <li>• Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible.</li> <li>• Press your feet and arms into the floor.</li> <li>• Lift your buttocks off the floor until your thighs are about parallel to the floor.</li> </ul> <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> <li>• Lie on your back.</li> <li>• Bend your knees into your belly.</li> <li>• Grip the outsides of your feet with your hands.</li> <li>• Open your knees slightly wider than your torso, then bring them up toward your armpits.</li> <li>• Position each ankle directly over the knee so your shins are perpendicular to the floor.</li> </ul> <p>Hold for 6 breaths.</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>	<p>1. Arm Stretches Across Body</p> <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> <p>2. Arm Stretches Behind Body</p> <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> <p>3. Side Reach</p> <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> <p>4. Toe Touch Twists</p>

	<p>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.</p>
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