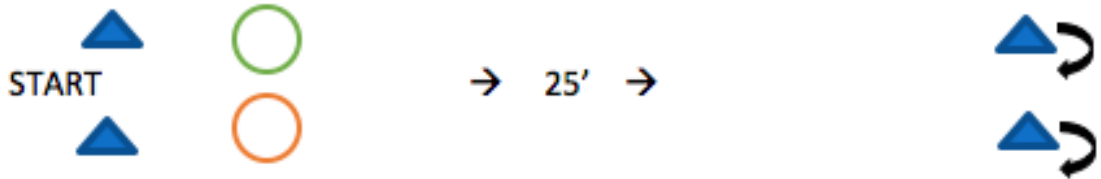


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 4 Sandbells 	<ul style="list-style-type: none"> • 4 Short Cones • 2 Hula Hoops 	<ul style="list-style-type: none"> • 2 Hula Hoops • 2 Sandbells • Short Cones • Dots/Poly Spots • Pinnies • Waist Flags (1 per player)

Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	<p>Warm Up 1: Walking Arm Circles</p> <p>Warm Up 2: High Kicks</p> <p>Warm Up 3: Knee Hugs</p> <p>Warm Up 4: High Knees</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Planks In, In, Out, Out</p> <p>Station 2: Crab Toe Touch</p> <p>Station 3: Biceps Curls</p> <p>Station 4: Rows</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;">Over or Under</p> <ul style="list-style-type: none"> • Divide the players into 4 teams, and give each team 1 sandbell. • Each team lines up across the field, one player behind the other. The player in front starts by passing the sandbell either overhead or between his/her legs to the player behind. • The next player passes the sandbell either overhead or between his/her legs to the player behind. • Continue passing the sandbell over or under until it reaches the end of the line, at which point the last player runs with the sandbell to the front of the line and starts again. • Play continues until each player has been to the front of the line.

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 2 teams, each lined up behind a start cone with an end cone 30 feet away. • The first player from each team rolls the hula hoop from the start cone to the end cone and back. • If the hula hoop falls flat, players must stop and do 5 push-ups before picking up the hula hoop and continuing. • Repeat until all players have gone at least once.
Diagram	

PE Game: Capture the Flag (15 min.)	
Setup	Set up a field about the size of a basketball court or as big as a soccer field. Use short cones to mark boundaries. Use dots/poly spots to create a midline. Place a hula hoop on each side with a sandbell in each hoop. The sandbell is the “flag.”
Game Instructions	<p>Goal of the game: to practice offensive and defensive skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams and give all players waist flags to wear. Only one team should wear the pinnies. • Teams will start on opposite sides of the field. • When the coach says, “Go!,” players will try to run onto the other side to get the other team’s flag (sandbell), while also trying to stop the other team from getting their flag (sandbell). • When the players run to the other team’s side, their flags can be pulled. • Players whose flags are pulled go to the sideline and perform jumping jacks, push-ups or planks to get back into the game. • When a player runs past the other team and makes it to the hula hoop, they are safe, and their flags cannot be pulled. If they can run back safely to their side with the flag (sandbell), their team wins. • Variations: instead of players going to the sideline when their flag is pulled, they can go to a hula hoop and be stuck there until one of their teammates saves them by walking them back to their team’s side.

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;">Body Scan</p> <p>The body scan is one of the basic practices of mindfulness and an easy one to teach to children.</p> <ul style="list-style-type: none"> • Have your kids lie down on their backs on a comfortable surface and close their eyes. • Tell them to squeeze every muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone. • After a few seconds, have them release all their muscles and relax for 20–30 seconds. • Encourage them to think about how their body is feeling throughout the activity.

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	<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	<p>1. Arm Stretches Across Body</p> <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. <p>2. Arm Stretches Behind Body</p> <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. <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. Repeat on opposite side. <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.