

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 • 4 Sandbells • 1 Battle Rope 	<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"> • 8 Tall Cones • 2 Soccer Balls • Short Cones • Dots/Poly Spots • Pinnies

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.)**

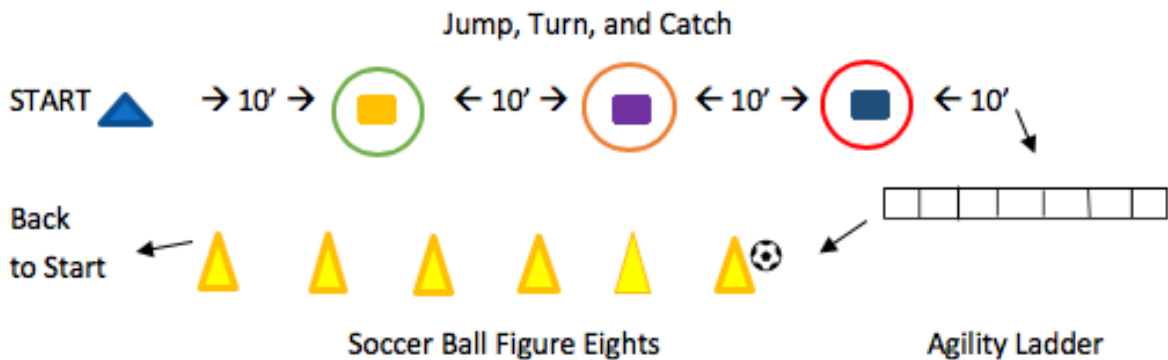
- Station 1:** Squat Jumps
- Station 2:** Speed Side Shuffle
- Station 3:** Tic Tocks
- Station 4:** Back Lunges w/Sandbell

- 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.)**

Tug O' War

- Players divide into even teams and line up on opposite ends of the balance rope.
- When the coach blows the whistle, teams try to pull the opposite team toward them.
- Play until one team has successfully pulled all the players from the other team to their side of the center.

Obstacle Course (15 min.)	
<p>Setup and Instructions</p>	<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>
<p>Diagram</p>	 <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: 4 Goal Soccer (15 min.)	
<p>Setup</p>	<p>If necessary, set up a soccer field using short cones. Use dots/poly spots to create a midline and use tall cones to create two goals on each half.</p>
<p>Game Instructions</p>	<p>Goal of the game: to work on kicking skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams and give one team pinnies to wear. • This game has soccer rules, but each side has two goals. • Variations: up to 6 balls can be thrown in to get players moving. Coaches can choose whether teams can play with goalies.

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;">Bell Ringing</p> <ul style="list-style-type: none"> • "Please get into your 'mindful bodies' – still and quiet, sitting upright, eyes closed." • "Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone." • Ring a "mindfulness bell," or have a student ring the bell. Use a bell with a sustained sound or a rainstick to encourage mindful listening. • "Please raise your hand when you can no longer hear the sound." • When most or all have raised their hands, you can say "Now slowly, mindfully, move your hand to your stomach or chest, and just feel your breathing." • You can help students stay focused during the breathing with reminders like "Just breathing in ... just breathing out ..." • Ring the bell to end.

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	<p>1. Wide-Legged Forward Fold</p> <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> <p>2. Malasan (Yogi's Squat)</p> <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.

	<ul style="list-style-type: none"> • 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>
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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.