

Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 36 Bean Bags 	<u>Relay Race</u> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands 	<u>PE Game</u> <ul style="list-style-type: none"> • 4 Sandbells
-----------------------------	---	--	---

Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	<p>Warm Up 1: Skip Forward and Backwards</p> <p>Warm Up 2: Side Shuffle</p> <p>Warm Up 3: Butt Kickers</p> <p>Warm Up 4: Sprint</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Squat Jumps</p> <p>Station 2: Speed Side Shuffle</p> <p>Station 3: Tic Tocs</p> <p>Station 4: Back Lunges with Sandbell</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;">Beanbag Tag</p> <ul style="list-style-type: none"> • Choose one player to be “it” and have that player stand in the middle of the playing field with 36 beanbags. • When the coach blows the whistle, all other players try to run from one end of the field of play to the other without being hit by a beanbag thrown by the player who is it. • Players who get hit with a beanbag must perform 5 squats and join the “it” player in the middle to help tag more players. • The last player to get hit with a beanbag is the first “it” for the next round. <p>* Remind players that beanbags should be tossed at or below shoulder height.</p>

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: Over/Under Relay (15 min.)	
Setup	Divide players into 4 equal teams and have the members of each team stand in a line at arm's length away from each other.
Game Instructions	<p>Goal of the game: to pass the sandbell quickly to teammates down the line using the pattern.</p> <ul style="list-style-type: none"> • The player at the front of the line starts with the sandbell. • When the coach says, "Go!," the first player in line passes the sandbell over their head, the second player grabs it and passes it under their legs. The third player grabs the sandbell and passes it over their head. • The pattern continues until the sandbell reaches the end of the line. • The team that gets the sandbell to the end first, wins. • Variations: when the last player in line gets the sandbell, they run with it to the start of the line and starts passing it back again. The game continues until the player who started at the front of the line is back at the start of the line.

Mindfulness (60 sec.)	
Setup	Group students at arm's length. Students should be calm and quiet before beginning. Complete the activity for 60 seconds.
Mindfulness Practice	<p style="text-align: center;">Mindful Bubbles</p> <p>Pretend to blow bubbles. Have your kids focus on taking in a deep, slow breath and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles in their minds as they form, detach, and pop or float away.</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>

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.

2. Toe Touch

- 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

- Raise your hands in the air and reach to one side. Hold for 30 seconds. Switch sides and repeat.

4. Toe Touch Twists

- 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.