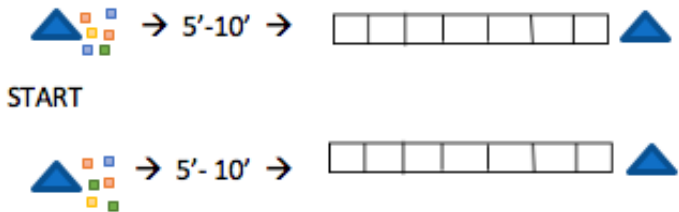


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 2 Agility Ladders 	<ul style="list-style-type: none"> • 4 Short Cones • 30 Beanbags • 2 Agility Ladders 	<ul style="list-style-type: none"> • 4 Tall 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.	
	<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: Bear Crawls</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Standup Bicycles with Sandbell</p> <p>Station 2: Planks</p> <p>Station 3: Dead Bugs</p> <p>Station 4: Plank High 5's</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 40 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>Sandbell Pass with Agility Ladder</p> <ul style="list-style-type: none"> • Divide players into two lines, facing forward. The lines should be about 10 feet apart. • Set up 2 start cones and 2 end cones, about 20 feet apart, with one ladder for each line halfway between the cones. • When the coach blows the whistle, the first two players in each line pass the sandbell back and forth while side shuffling along the sides of the ladder to the end cone. • Players should repeat passing the sandbell back and forth to the start cone. Once back at the start cone, one player should hold the sandbell and pass it to the next 2 players in line. Play until all players have completed the drill.

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 players into even lines. Each team should have at least 15 beanbags in front of the short cone. • When the coach blows the whistle, the first player in each line picks up a beanbag and tries to toss it into the first box of the ladder. If that player's beanbag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder. • If players miss the appropriate box, they run to collect the beanbag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line. This repeats until all boxes of the ladder have a beanbag. • If players have not made it to the cheering team and all the boxes have been filled, repeat steps starting with box 1. In this case, there may be more than one beanbag in each box.
Diagram	 <p>The diagram illustrates the relay race setup. It shows two parallel lanes. Each lane starts with a blue triangle labeled "START" and a cluster of colored squares (orange, blue, green, yellow). An arrow points from the squares to a distance of "5'-10'' and then to a ladder consisting of six rectangular boxes. The ladder ends with another blue triangle.</p>

PE Game: 2+ Ball Soccer (15 min.)	
Setup	Set up a soccer field using small cones. Use dots/poly spots to create a midline and use tall cones to create a goal on each half.
Game Instructions	<p>Goal of the game: to practice 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 uses 2 balls. It's a continuous game. If a team scores with one ball, then that ball is given to the other team. • Variations: add up to 6 more balls. The coach 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 Stretches	<p style="text-align: center;">Heartbeat Exercise</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>

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. Plow Pose</p> <ul style="list-style-type: none"> • Lie flat on your back with your legs extended and your arms at your sides, palms down. • Use your stomach muscles to lift your legs and hips up toward the ceiling. • Bring your torso perpendicular to the floor. • Straighten your legs and slowly lower your toes to the floor behind your head with your legs fully extended. • If your toes do not yet touch the floor, support your back with your hands. Lower your legs as far as possible, keeping your legs straight. <p>Take 2 breaths by the time you have extended your legs and 6 breaths with your legs extended. Then lift your feet from the floor and draw your knees toward your ears. Take 2 breaths in this position.</p> <p>2. Butterfly Pose</p> <ul style="list-style-type: none"> • From a seated position, bend your knees so that the soles of your feet touch each other. • Bring your heels as close in toward your body as possible. • Wrap your hands around your feet or ankles. • Gently press your forearms or elbows into your thighs so that your knees move

	<p>toward the floor.</p> <ul style="list-style-type: none"> • Fold forward from your hips so that your chest moves toward the floor. <p>Hold for 6 breaths.</p> <p>3. Seated Spinal Twist</p> <ul style="list-style-type: none"> • Sit up straight with both legs out in front of you. • Cross your right foot to the outside of your left thigh. • Bring your left foot back beside your right hip. • Place your right fingertips behind you. • Hug your left knee into your chest. • Inhale, sitting up tall. • Exhale and twist to the right from the base of your spine. <p>Hold for 5 breaths, then switch sides (left foot to outside of right thigh, right foot beside left hip, left fingertips behind you, hugging the right knee into the chest and twist to the left) and hold 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. 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> <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>