

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 • 1 Battle Rope 	<ul style="list-style-type: none"> • 2 Sandbells • 20 Dots/Poly Spots • 36 Beanbags • 3 Hula Hoops • 2 Short Cones • 2 Agility Ladders 	<ul style="list-style-type: none"> • 1 Soccer Ball • 4 Large Cones • Short Cones

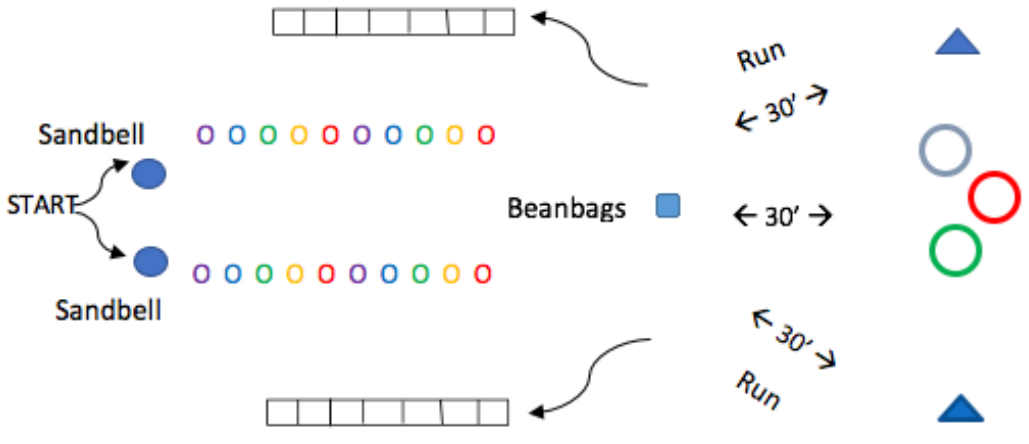
Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.

	<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>
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Fitness Stations & Game (20 min.)

Stations (10 min.)	<p>Station 1: Plank Rotations</p> <p>Station 2: Hand Walks</p> <p>Station 3: Flutter Kicks</p> <p>Station 4: Kickouts</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>Tug O' War</p> <ul style="list-style-type: none"> • 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.)

Setup and Instructions	<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>Divide the players into 2 lines. One player from each line starts the course. To start, players pick up a sandbell and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one beanbag into a hula hoop that is 30 feet away. Once they get a beanbag into the hula hoop, they run down and around the cone that is 30 feet away. Lastly, players hop through the agility ladder sideways and return to the start. Each player repeats this obstacle course several times.</p>
Diagram	

PE Game: Crab Soccer (15 min.)	
Setup	<p>Using short cones, set up a mini soccer field, about 20 ft. x 20 ft., depending on the number of people playing. Use 2 tall cones for the goals on each side of the field.</p>
Game Instructions	<p>Goal of the game: from the crab walk position, to kick the ball into the other team's goal.</p> <ul style="list-style-type: none"> • Divide players into 2 teams, ideally with 5 players each. • Players will be in the crab position the entire game, with both hands and feet touching the ground and stomachs toward the sky. • Players can only kick or hit the ball with their feet or head; no hands allowed. • Each team tries to kick the ball into the opponent's goal. • Variations: add more balls or goals to a game.

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." <p>You can help students stay focused during the breathing with reminders like "Just breathing in ... just breathing out ..."</p> <ul style="list-style-type: none"> • 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. 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. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back and place the tops of your feet on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows back into your body. • Press the tops of your feet and thighs into the floor. • Straighten your arms to lift your chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to your torso. • Roll your left leg from your hip so that it crosses over your right leg. <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"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift your buttocks off the floor until your thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee so your shins are perpendicular to the floor. <p>Hold for 6 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> <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.