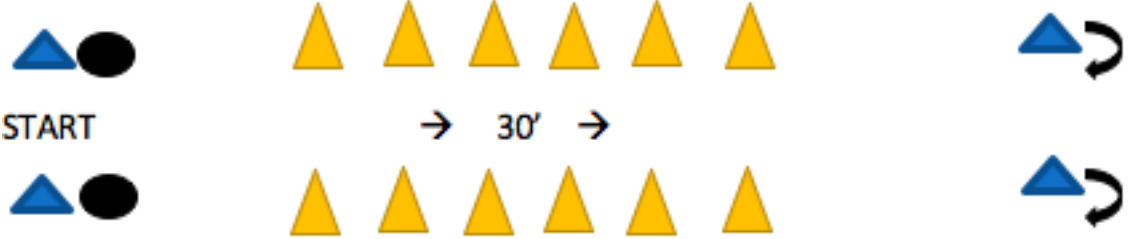


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones 	<ul style="list-style-type: none"> • 4 Short Cones • 12 Tall Cones • 2 Sandbells 	<ul style="list-style-type: none"> • 1 or more Playground Balls • Dodgeballs • Short Cones • 2 Tall 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>

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: Kick-Outs</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 style="text-align: center;">Crocodile Tag</p> <ul style="list-style-type: none"> • Designate a field of play based on the number of players. • Select 2 players to be “it” and have the remaining players scatter throughout the field of play. • When the coach blows the whistle, players who are it try to tag the other players. • Players are safe from being tagged when in the “crocodile position” (plank position). • Players can remain in the crocodile position for only 3 seconds at a time before having to get up and run again. • If a player is tagged twice, he/she is it.

Relay Race (15 min.)	
Setup	Set up obstacle course or relay in a space that accommodates the size of the group. Divide players into 2 equal teams and place at start cone.
Relay Instructions	<ul style="list-style-type: none"> • Divide each team in half, and send half the players to the opposite end cone. • The first player from each team at the start cone picks up a sandbell. When the coach blows the whistle, the player runs in and out of the cones in a figure “8” position toward the end cone. • The player then passes the sandbell to the first player at the end cone, who then runs in and out of the cones in a figure “8” position toward the start cone. • Each player should run through the cones twice, putting them back in their original line.
Diagram	

PE Game: Powerball (15 min.)	
Setup	Use short cones to create a big circle with two tall cones marking the halfway points of the circle.
Game Instructions	<p>Goal of the game: to throw dodgeballs at a playground ball and hit it over the other team’s half-circle.</p> <ul style="list-style-type: none"> • Divide players into 2 teams, one standing outside each half of the circle. • Give each team an equal number of dodgeballs and place one playground ball in the middle of the circle. • On “Go!,” teams start throwing or rolling dodgeballs at the playground ball to try to push it over the other team’s half of the circle. • When the playground ball crosses one team’s edge of the circle, the other team gets a point. • Variations: more playground balls can be put in the middle of the circle.

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	Mindful Bubbles 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.

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</p>

	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.
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Cooldown Stretches (5 min.)	
Setup	Group students at arm's length. Complete each stretch twice.
Cooldown Stretches	<ol style="list-style-type: none"> 1. Arm Stretches Across Body <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. 2. Arm Stretches Behind Body <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. 3. Side Reach <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. 4. Toe Touch Twists <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.