

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 • 2 Agility Ladders • 9 Hula Hoops • 9 Beanbags of Color A • 9 Beanbags of Color B 	<ul style="list-style-type: none"> • 1 Short Cone • 1 Agility Ladder • 14 Dots/Poly Spots • 4 Hurdles • 1 Playground Ball 	<ul style="list-style-type: none"> • 1 Dodgeball

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 Backwards

Warm Up 2: Side Shuffle

Warm Up 3: Butt Kickers

Warm Up 4: Sprint

Fitness Stations & Game (20 min.)

**Stations
(10 min.)**

Station 1: Step Ups

Station 2: In, In, Out, Out

Station 3: Liners

Station 4: Squats

- 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.)**

Tic Tac Toe

- Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams.
- Divide the beanbags evenly among the teams and be sure each team has a specific color. For example, team A's bags might be green, while team B's are red.
- Standing 10 feet away, the first players of each team pick up a beanbag and toss it into one of the hula hoops in the grid.
- Each following player takes a turn tossing a beanbag until one team can get 3 beanbags in a row (vertical, horizontal or diagonal).
- Variations: create an obstacle course to run through before tossing the beanbag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc.

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>Form one line behind the start cone. One player at a time completes this course. Players start by running up to the ladder and jumping in and out of the ladder for its full length. Next, players hop from dot to dot on one foot following the zig-zag pattern, staying on the same foot. Then, players jump sideways over the hurdles. After the last hurdle, the coach tosses a playground ball to the player, and the player must jump up and try to catch the ball while in midair and toss it back to the coach before landing. Players return to the start line to repeat the course. Players should complete the course at least twice.</p>
Diagram	<p>The diagram illustrates the layout of the obstacle course. It begins with a blue triangle labeled 'START'. To its right is a 'Run' section of 10 feet, followed by a 'Ladder Drill' consisting of a ladder with 6 rungs. Another 'Run' section of 20 feet follows. The next station is 'One-Legged Hops on Dots', represented by two rows of 8 colored dots in a zig-zag pattern. This is followed by four blue 'Hurdles'. A red dot represents the 'Playground Ball Toss' station. A black arrow labeled 'Back to Start' points from the ball toss station back to the start triangle.</p>

PE Game: Silent Ball (15 min.)	
Setup	<p>Players scatter around the play area within throwing distance, about 3–5 feet apart. It should be easy to throw and catch. This is a perfect game to play in the classroom on rainy days or in small spaces.</p>
Game Instructions	<p>Goal of the game: to throw and catch the ball quietly.</p> <ul style="list-style-type: none"> • One player starts with the ball and counts down, “3,2,1,” then passes the ball to another player. • Players who drop a ball, make a bad pass, or make noise are out and must sit down. • Play continues until only 1 player remains. • Variations: can be played with 2 balls or by limiting the time to throw.

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;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: stand with your feet just wider than your hips, fists clenched, and arms reaching out, stretching the body out as long as possible. 2. The Wonder Woman: stand tall with your legs wider than hip-width apart and hands or fists placed on the hips.

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	<ol style="list-style-type: none"> 1. Wide-Legged Forward Fold <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> 2. Malasan (Yogi's Squat) <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. • 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.