

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

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
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| | <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.) | |
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| Stations (10 min.) | <p>Station 1: Stand Up 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 style="text-align: center;">Over or Under</p> <ul style="list-style-type: none"> • Divide the players into 4 teams, and give each team 1 sandbell. • Each team lines up across the field, one player behind the other. The player in front starts by passing the sandbell either overhead or between his/her legs to the player behind. • The next player passes the sandbell either overhead or between his/her legs to the player behind. • Continue passing the sandbell over or under until it reaches the end of the line, at which point the last player runs with the sandbell to the front of the line and starts again. • Play continues until each player has been to the front of the line. |

| Relay Race (15 min.) | |
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| 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 2 teams and have each team line up behind a start cone. • When the coach blows the whistle, the first 2 players from each team bear-crawl to the end cone 20 feet away while balancing a sandbell on their back. • At the end cone, players bear-crawl around the cone and back to the start. • When the player returns to their line, the next player goes. • Repeat until all players in line have gone. |

| PE Game: Human Alphabet (15 min.) | |
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| Setup | Find a big enough space where players can sit or lie down. Half of a basketball court is perfect. |
| Game Instructions | <p>Goal of the game: to use players' bodies to create the letters of the alphabet.</p> <ul style="list-style-type: none"> • Together as a class, players sit or lie down to form the letters of the alphabet. • All players create an enormous letter A. • Continue all the way through the alphabet. • Variations: can be played in teams. Instead of letters, form numbers. |

| Mindfulness (60 sec.) | |
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| 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;">Body Scan</p> <p>The body scan is one of the basic practices of mindfulness and an easy one to teach to children.</p> <ul style="list-style-type: none"> • Have your kids lie down on their backs on a comfortable surface and close their eyes. • Tell them to squeeze every muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone. • After a few seconds, have them release all their muscles and relax for 20–30 seconds. • Encourage them to think about how their body is feeling throughout the activity. |

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| 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. 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 toward the floor. • 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</p> |

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| | left) and hold for 5 breaths. |
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| Cooldown Stretches (5 min.) | |
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| Setup | Group students at arm's lengths. 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 <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> |