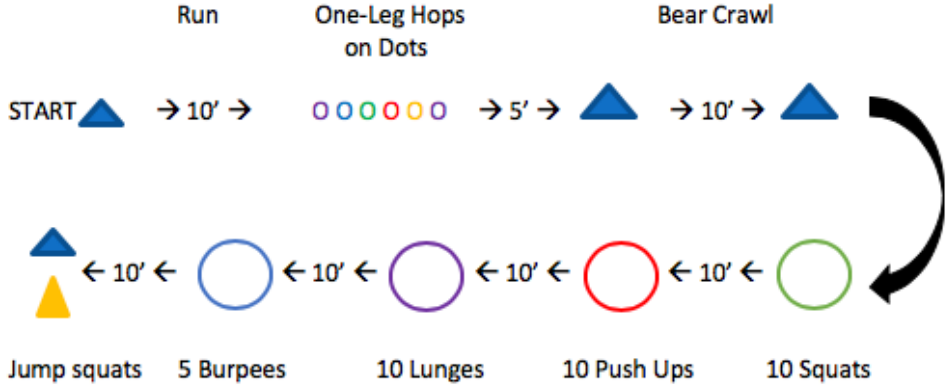


<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Obstacle Course</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 1 Battle Rope</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Short Cones</li> <li>• 6 Dots/Poly Spots</li> <li>• 4 Hula Hoops</li> <li>• 1 Tall Cone</li> </ul>	<ul style="list-style-type: none"> <li>• Short or Tall Cones</li> <li>• Dots/Poly Spots</li> <li>• Dodgeballs</li> <li>• Sandbells</li> </ul>

<b>Warm-Ups (5 min.):</b> Mark start and end points 25 yards apart and have players go down and back.	
	<p><b>Warm Up 1:</b> Toe Walks</p> <p><b>Warm Up 2:</b> Heel Scoops</p> <p><b>Warm Up 3:</b> Quad Stretch</p> <p><b>Warm Up 4:</b> Heel Walks</p>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Squat Holds</p> <p><b>Station 2:</b> Spider Lunges</p> <p><b>Station 3:</b> Single Leg Balance</p> <p><b>Station 4:</b> Shoulder Taps</p> <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. Stations should be approximately 25 feet apart.</li> <li>• Divide the players into 4 small groups—1 group per station.</li> <li>• 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.</li> <li>• Players should complete each station at least 3 times.</li> </ul>
<b>Game (10 min.)</b>	<p style="text-align: center;"><b>Tug O' War</b></p> <ul style="list-style-type: none"> <li>• Players divide into even teams and line up on opposite ends of the balance rope.</li> <li>• When the coach blows the whistle, teams try to pull the opposite team toward them.</li> <li>• Play until one team has successfully pulled all the players from the other team to their side of the center.</li> </ul>

<b>Obstacle Course (15 min.)</b>	
<p><b>Setup and Instructions</b></p>	<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 starts the course. From the start cone, the player runs to the first dot, hops on one leg to the next dot, and repeats until the end of the dots. Next, the player runs to the first cone and bear-crawls to the second cone. Then the player performs the activity listed below at each hula hoop. To finish, the player attempts a jump squat over a short or tall cone without touching it. Players return to the start line to repeat the course. Players should complete the course at least twice.</p>
<p><b>Diagram</b></p>	 <p style="text-align: center;"> <span style="margin-right: 40px;">Run</span> <span style="margin-right: 40px;">One-Leg Hops on Dots</span> <span>Bear Crawl</span> </p> <p style="text-align: center;">         START ▲ → 10' → ○○○○○ → 5' → ▲ → 10' → ▲       </p> <p style="text-align: center;">         ▲ ← 10' ← ○ ← 10' ← ○ ← 10' ← ○ ← 10' ← ○       </p> <p style="text-align: center;">         ▲ ▲       </p> <p style="text-align: center;"> <span style="margin-right: 40px;">Jump squats</span> <span style="margin-right: 40px;">5 Burpees</span> <span style="margin-right: 40px;">10 Lunges</span> <span style="margin-right: 40px;">10 Push Ups</span> <span>10 Squats</span> </p>

<b>PE Game: Moving Day Relay (15 min.)</b>	
<p><b>Setup</b></p>	<p>Divide players into teams, each seated in a line with items piled at the front of the line.</p>
<p><b>Game Instructions</b></p>	<p>Goal of the game: to move items using only the feet.</p> <ul style="list-style-type: none"> <li>• Each team should start out with the same number of items in their respective piles, such as cones, dots/poly spots, dodgeballs, sandbells, or anything that can be picked up using only feet.</li> <li>• Players must pass their pile of items down their team's line using only their feet. When an item gets all the way down the line without being touched by someone's hand or being dropped on the ground, that item is finished and out of play.</li> <li>• If an item is dropped or someone touches it with their hands, that item must go all the way back to the beginning of the line. Players can use their hands to pass the item back to the beginning.</li> <li>• This game continues until one team passes all items down to the end of the</li> </ul>

	<p>line.</p> <ul style="list-style-type: none"> <li>Variations: try other items that present different challenges, such as flag belts or beanbags.</li> </ul>
--	---

<b>Mindfulness (60 sec.)</b>	
<b>Setup</b>	Group students at arm’s lengths. Students should be calm and quiet before beginning. Complete the activity for 60 seconds.
<b>Mindfulness Practice</b>	<p style="text-align: center;"><b>Bell Ringing</b></p> <ul style="list-style-type: none"> <li>“Please get into your ‘mindful bodies’ – still and quiet, sitting upright, eyes closed.”</li> <li>“Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.”</li> <li>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.</li> <li>“Please raise your hand when you can no longer hear the sound.”</li> <li>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.” You can help students stay focused during the breathing with reminders like “Just breathing in ... just breathing out ...”</li> <li>Ring the bell to end.</li> </ul>

<b>Stretching (5 min.):</b> Please choose the Yoga Stretches and/or Cooldown Stretches below to finish class.	
<b>Setup</b>	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.
<b>Yoga Stretches</b>	<p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> <li>Interlace your hands behind your back.</li> <li>Step your feet wide apart.</li> <li>Turn your toes slightly in and your heels slightly out.</li> <li>Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling.</li> <li>Exhaling, fold forward at the hips.</li> <li>Gently drop your head.</li> <li>Bring your hands to rest on the floor between your feet.</li> </ul> <p>Take 10 breaths total, gently and slowly moving side to side like a pendulum.</p>

	<p>2. Malasan (Yogi’s Squat)</p> <ul style="list-style-type: none"> <li>• 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.)</li> <li>• Separate your thighs slightly wider than your torso.</li> <li>• Exhaling, lean your torso forward and fit it snugly between your thighs.</li> <li>• Press your elbows against your inner knees and resist the knees into the elbows.</li> </ul> <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> <li>• From a supine position (lying on the back), bend your left knee and cross it outside of your right foot.</li> <li>• Use your hand to put slight pressure on the left knee to push it toward the floor.</li> <li>• Keep both shoulders squared and rooted to the floor.</li> <li>• Extend your arms to a T perpendicular to the torso.</li> <li>• Turn your head so your eyes can see to the left.</li> </ul> <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>
--	--

<b>Cooldown Stretches (5 min.)</b>	
<b>Setup</b>	Group students at arm’s lengths. Complete each stretch twice.
<b>Cooldown Stretches</b>	<p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> <li>• Stand on one leg. Grab the ankle of the opposite leg to stretch your quad. Hold for 30 seconds. Switch sides and repeat.</li> </ul> <p>2. Toe Touch</p> <ul style="list-style-type: none"> <li>• With straight legs and your feet pointed forward, reach down as far as possible to touch your toes. Hold for 30 seconds.</li> </ul> <p>3. Side Reach</p> <ul style="list-style-type: none"> <li>• Raise your hands in the air and reach to one side. Hold for 30 seconds. Switch sides and repeat.</li> </ul> <p>4. Toe Touch Twists</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>