

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 • 2 Sandbells 	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Personal Parachutes 	<ul style="list-style-type: none"> • 2 Hula Hoops • 2 Sandbells • Waist Flags (1 per player) • Short Cones • Dots/Poly Spots • Pinnies

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

	Warm Up 1: Toe Walks Warm Up 2: Heel Scoops Warm Up 3: Quad Stretch Warm Up 4: Heel Walks
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Fitness Stations & Game (20 min.)

Stations (10 min.)	Station 1: Squat Holds Station 2: Spider Lunges Station 3: Single Leg Balance Station 4: Shoulder Taps <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.)	Burpee Wave <ul style="list-style-type: none"> • Form a circle with all players. • Set one sandbell in front of one player and another sandbell in front of a player on the opposite side of the circle. • Players with the sandbells start the wave by placing their hands on the sandbell, jumping their feet back into a push-up position, jumping back in, and standing up while picking up the sandbell to pass it to the right. • Repeat this until the sandbells make it back to where they started.

Relay Race (15 min.)	
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 two teams, each lined up behind a start cone. • Place an end cone 50 feet away from each start cone. • The first player for each team straps a personal parachute around his/her waist. • When the coach blows the whistle, the first player runs to the end cone and back to the start as fast as possible. • Once back at the start cone, the first player takes the personal parachute off and transfers it to the next player in line. • This continues until all players on the team have gone.

PE Game: Capture the Flag (15 min.)	
Setup	Set up a field about the size of a basketball court or as big as a soccer field. Use short cones to mark boundaries. Use dots/poly spots to create a midline. Place a hula hoop on each side with a sandbell in each hoop. The sandbell is the “flag.”
Game Instructions	<p>Goal of the game: to practice offensive and defensive skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams and give all players waist flags to wear. Only one team should wear the pinnies. • Teams will start on opposite sides of the field. • When the coach says, “Go!,” players will try to run onto the other side to get the other team’s flag (sandbell), while also trying to stop the other team from getting their flag (sandbell). • When the players run to the other team’s side, their flags can be pulled. • Players whose flags are pulled go to the sideline and perform jumping jacks, push-ups or planks to get back into the game. • When a player runs past the other team and makes it to the hula hoop, they are safe, and their flags cannot be pulled. If they can run back safely to their side with the flag (sandbell), their team wins. • Variations: instead of players going to the sideline when their flag is pulled, they can go to a hula hoop and be stuck there until one of their teammates saves them by walking them back to their team’s side.

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	<p style="text-align: center;">Mindful Bubbles</p> <p>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.</p>

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.

	<ul style="list-style-type: none"> • 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 left) and hold 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	<ol style="list-style-type: none"> 1. Flamingo Stretch <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. 2. Toe Touch <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. 3. Side Reach <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. 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.