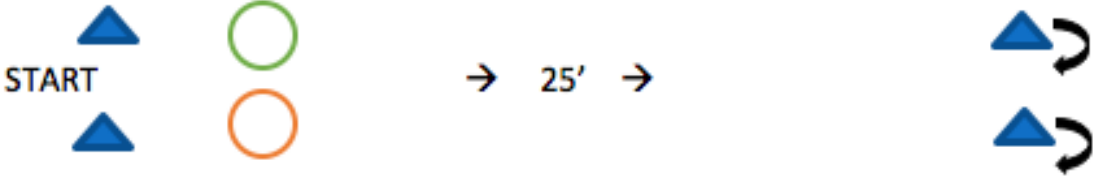


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 36 Beanbags 	<ul style="list-style-type: none"> • 4 Short Cones • 2 Hula Hoops 	<ul style="list-style-type: none"> • Hula Hoops (1 per group) • Dodgeballs (1 per group) • Cones or Dots/Poly Spots

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;">Beanbag Tag</p> <ul style="list-style-type: none"> • Choose one player to be “it” and have that player stand in the middle of the playing field with 36 beanbags. • When the coach blows the whistle, all other players try to run from one end of the field to the other without being hit by a bean bag thrown by the play who is “it”. • Players who get hit with a beanbag must perform 5 squats and join the “it” player in the middle to help tag more players. • The last player to get hit with a beanbag is the first “it” for the next round. <p>*Remind players that beanbags should be tossed at or below shoulder height.</p>

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 2 teams, each lined up behind a start cone with an end cone 30 feet away. • The first player from each team rolls the hula hoop from the start cone to the end cone and back. • If the hula hoop falls flat, players must stop and do 5 push-ups before picking up the hula hoop and continuing. • Repeat until all players have gone at least once.
Diagram	

PE Game: Guard the King/Queen (15 min.)	
Setup	Place one hula hoop down, then create a circle around the hula hoop, about 10 feet from the hula hoop.
Game Instructions	<p>Goal of the game: to throw the ball at the king or queen.</p> <ul style="list-style-type: none"> • Divide players into groups of 5–9 players. Select one player to be the king or queen and one player to be the bodyguard. • The king or queen will stand in the hula hoop, and the bodyguard will stand right outside the hula hoop. • The rest of the group will stand outside the circle created with cones or dots/poly spots. • The king/queen stays standing, and the guard can move around the hula hoop. • Players throw the ball and try to hit the king/queen. The king/queen must stand in one spot but can lean sideways or move to dodge the ball. • The bodyguard can go all over the place to block balls thrown at the king/queen. They can catch the ball, block it, hit it away, or do anything to protect the king/queen from getting hit. • Play continues until the king/queen gets hit by the ball. Then the king/queen becomes the bodyguard, the bodyguard joins the circle, and the player who threw the ball that hit the king/queen now becomes the king/queen. • Variations: the circle around the hula hoop can be larger to make it more difficult. For bigger groups, 2 balls can be used.

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;">Heartbeat Exercise</p> <p>Paying attention to one's heartbeat has a role in many mindfulness exercises and activities. Kids can learn how to apply this mindfulness practice to their own lives as well.</p> <p>Tell your kids to jump up and down or run in place or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their heart. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeats and helps them practice their focus. These skills will come in handy as they start engaging in more advanced mindfulness activities.</p>

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 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.</p>
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Cooldown Stretches (5 min.)	
Setup	Group students at arm's lengths. Complete each stretch twice.
Cooldown Stretches	<p>1. Arm Stretches Across Body</p> <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. <p>2. Arm Stretches Behind Body</p> <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. <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. Repeat on opposite side. <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.