

<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Relay Race</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Agility Ladders</li> <li>• 4 Sandbells</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Ankle Bands</li> </ul>	<ul style="list-style-type: none"> <li>• Short Cones</li> <li>• Dots/Poly Spots</li> <li>• Dodgeball or Beanbag (1 per field)</li> <li>• Pinnies</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> Skip Forward and Backwards</p> <p><b>Warm Up 2:</b> Side Shuffle</p> <p><b>Warm Up 3:</b> Butt Kickers</p> <p><b>Warm Up 4:</b> Sprint</p>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Step Ups</p> <p><b>Station 2:</b> In, In, Out, Out</p> <p><b>Station 3:</b> Liners</p> <p><b>Station 4:</b> Squats</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><b>Over or Under</b></p> <ul style="list-style-type: none"> <li>• Divide the players into 4 teams, and give each team 1 sandbell.</li> <li>• 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.</li> <li>• The next player passes the sandbell either overhead or between his/her legs to the player behind.</li> <li>• 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.</li> <li>• Play continues until each player has been to the front of the line.</li> </ul>

<b>Relay Race (15 min.)</b>	
<b>Setup</b>	Set up obstacle course or relay in a space that accommodates the size of the group.
<b>Relay Instructions</b>	<ul style="list-style-type: none"> <li>• Divide the players into two teams, each lined up behind a start cone.</li> <li>• Place an ankle band at each team's start cone, and put an end cone 20 feet away from each start cone.</li> <li>• The first player from each team puts the ankle band around both ankles and runs to the end cone.</li> <li>• At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on. Then the player runs back to the start cone and passes the band to the next player in line.</li> </ul>

<b>PE Game: Ultimate Anything (15 min.)</b>	
<b>Setup</b>	Set up a mini football field for every two teams. Use the short cones to create an end zone on each side of the fields.
<b>Game Instructions</b>	<p>Goal of the game: to throw an item to a teammate, who catches it in the end zone.</p> <ul style="list-style-type: none"> <li>• This game is similar to handball, football, and ultimate Frisbee.</li> <li>• Divide players into teams of 4–7 and give half the teams pinnies to wear.</li> <li>• Make sure a team wearing pinnies is matched up with a team not wearing them.</li> <li>• Have one team start with an item, such as a beanbag or ball.</li> <li>• Players advance their item by throwing and catching it.</li> <li>• A player holding the item can take only 3 steps before throwing it.</li> <li>• To score, the ball must be caught in the other team's end zone.</li> <li>• If the item is dropped or the other team intercepts it, the item changes possession.</li> <li>• Variations: use different items, such as body loop bands, cones, sandbells, etc.</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>Body Scan</b></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"> <li>• Have your kids lie down on their backs on a comfortable surface and close their eyes.</li> <li>• 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.</li> <li>• After a few seconds, have them release all their muscles and relax for 20–30 seconds.</li> <li>• Encourage them to think about how their body is feeling throughout the activity.</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. 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.
<b>Yoga Stretches</b>	<p>1. Downward-Facing Dog</p> <ul style="list-style-type: none"> <li>• Pose with your head down, with the weight of the body on the palms and the feet.</li> <li>• Stretch the arms straight forward, shoulder-width apart.</li> <li>• Place the feet a foot apart, with the legs straight, and the hips raised as high as possible.</li> </ul> <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"> <li>• 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.</li> <li>• Your right ankle will be somewhere in front of your left hip.</li> <li>• Slide your left leg back and point your toes, pointing your heel up to the ceiling.</li> </ul>

	<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"> <li>• Begin in Downward-Facing Dog.</li> <li>• 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.</li> <li>• Lower your left knee down onto the ground and release the top of your left foot.</li> </ul> <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>
--	---

<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>