



Fit Kids Curriculum Book 2019-2020

3rd – 5th Grade

Fit Kids 2019-2020 3rd-5th Grade Curriculum

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| Class | Dynamic Warm Up | Fitness Focus | Time | Fitness Stations | Fitness Game | Obstacle Course or Relay | PE Game | Mindfulness | Yoga Stretch | Cooldown Stretch |
|-------|---|--------------------|--|---|-------------------------------------|--------------------------|------------------------|--------------------|--|---|
| 1 | Walking Arm Circles/High Kicks/Knee Hugs/Bear Crawls | Upper Body/Core | 30 seconds at each station | Standup Bicycles/Front Plank/Dead Bugs/Plank High 5's | Tug O' War | Relay Race | Bean Bag Balance Tag | Bell Ringing | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 2 | | | | | Hot Potato with Sandbell | Obstacle Course | Sharks and Minnows | Mindful Bubbles | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 3 | Toe Walks/Heel Scoops/Quad Stretch/Heel Walks | Lower Body/Core | 30 seconds at each station | Squat Holds/Spider Lunges/Single Leg Balance/shoulder taps | Tic Tac Toe | Relay Race | Chaos tag | Mindful Posing | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 4 | | | | | Med. Ball Pass with Ladder | Obstacle Course | Speedway | Heartbeat Exercise | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 5 | Walking Arm Circles/High Kicks/Knee Hugs/High Knees | Upper Body/Agility | 30 seconds at each station | Plank Rotations/Speed Hand Walks/Heel Drops/KickOuts | Head, Shoulders, Knees, Toes, Ball! | Relay Race | Line Tag | 4-7-8 Breath | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 6 | | | | | Over or Under | Obstacle Course | Secret Agent Tag | Body Scan | Downward Facing Dog/Pigeon Pose/Lizard Pose | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 7 | Skip Forward and Backwards/Side Shuffle/Butt Kickers/Sprint | Lower Body/Agility | 30 seconds at each station | Step Ups/In In Out Out Ladder/Mountain Climbers/Squats | Tug O' War | Relay Race | 3 Cones | Bell Ringing | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 8 | | | | | Dots and Bean Bags Race | Obstacle Course | Turtle Tag | Mindful Bubbles | Downward Facing Dog/Pigeon Pose/Lizard Pose | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 9 | Walking Arm Circles/High Kicks/Knee Hugs/Bear Crawls | Upper Body/Core | 30 seconds at each station | Stand up Bicycles/Front Plank/Dead Bugs/Plank High 5's | Tic Tac Toe | Obstacle Course | Fruit Salad | Mindful Posing | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 10 | | | | | Hot Potato with Sandbell | Relay Race | Hungry Hungry Hippos | Heartbeat Exercise | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 11 | Toe Walks/Heel Scoops/Quad Stretch/Heel Walks | Lower Body/Core | 30 seconds at each station | Squat Holds/Spider Lunges/Single Leg Balance/shoulder taps | Head, Shoulders, Knees, Toes, Ball! | Obstacle Course | Catch and Step Back | 4-7-8 Breath | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 12 | | | | | Frogger | Relay Race | Keep It Up | Body Scan | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 13 | Walking Arm Circles/High Kicks/Knee Hugs/High Knees | Upper Body/Agility | 30 seconds at each station | Plank Rotations/Speed Hand Walks/Heel Drops/Kickouts | Tug O' War | Obstacle Course | Dr. Dodgeball | Bell Ringing | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 14 | | | | | Crocodile Tag | Relay Race | 2+ Ball Soccer | Mindful Bubbles | Downward Facing Dog/Pigeon Pose/Lizard Pose | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 15 | Skip Forward and Backwards/Side Shuffle/Butt Kickers/Sprint | Lower Body/Agility | 30 seconds at each station | Step Ups/In In Out Out/Mountain Climbers/Squats | Tic Tac Toe | Obstacle Course | Group Juggling | Mindful Posing | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 16 | | | | | Parachute | Relay Race | Bean Bag Golf / Bocce | Heartbeat Exercise | Downward Facing Dog/Pigeon Pose/Lizard Pose | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 17 | Walking Arm Circles/High Kicks/Knee Hugs/Bear Crawls | Upper Body/Core | 30 seconds at each station | Incline Pushups/Side Plank/Bicycles/Inch Worms | Head, Shoulders, Knees, Toes, Ball! | Obstacle Course | Spot Throwing | 4-7-8 Breath | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 18 | | | | | Bean Bag Tag | Relay Race | Dodgeball | Body Scan | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 19 | Toe Walks/Heel Scoops/Quad Stretch/Heel Walks | Lower Body/Core | 30 seconds at each station | Squat Hold w/ KB/Back Lunges/Single Leg Toe Touch, High Knee Runs | Tug O' War | Obstacle Course | Kickball | Bell Ringing | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 20 | | | | | Burpee Wave | Relay Race | Dribbling Relay | Mindful Bubbles | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 21 | Walking Arm Circles/High Kicks/Knee Hugs/High Knees | Upper Body/Agility | 30 seconds at each station | Planks In In Out Out Ladder/Crab Toe Touch/Biceps Curl/Rows | Tic Tac Toe | Obstacle Course | Capture the Flag | Mindful Posing | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 22 | | | | | Med. Ball Tag | Relay Race | Fainting Goat Tag | Heartbeat Exercise | Downward Facing Dog/Pigeon Pose/Lizard Pose | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 23 | Skip Forward and Backwards/Side Shuffle/Butt Kickers/Sprint | Lower Body/Agility | 30 seconds at each station | Squat Jumps/Speed Side Shuffle/Tic Tocs/Back Lunges w/ Sand Bell | Head, Shoulders, Knees, Toes, Ball! | Obstacle Course | Pacman Tag | 4-7-8 Breath | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 24 | | | | | Over or Under | Relay Race | Chaos Tag | Body Scan | Downward Facing Dog/Pigeon Pose/Lizard Pose | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 25 | Walking Arm Circles/High Kicks/Knee Hugs/Bear Crawls | Upper Body/Core | 30 seconds at each station | Incline Pushups/Side Plank/Bicycles/Inch Worms | Tug O' War | Obstacle Course | Gotcha Flag Tag | Bell Ringing | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 26 | | | | | Hot Potato with Sandbell | Relay Race | Sharks and Minnows | Mindful Bubbles | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 27 | Toe Walks/Heel Scoops/Quad Stretch/Heel Walks | Lower Body/Core | 30 seconds at each station | Squat Hold w/ KB/Back Lunges/Single Leg Toe Touch, High Knee Runs | Tic Tac Toe | Obstacle Course | Tv / Movie Tag | Mindful Posing | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 28 | | | | | Ankle Bands | Relay Race | Chaos Tag | Heartbeat Exercise | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 29 | Walking Arm Circles/High Kicks/Knee Hugs/High Knees | Upper Body/Agility | 30 seconds at each station | Planks In In Out Out Ladder/Crab Toe Touch/Biceps Curl/Rows | Head, Shoulders, Knees, Toes, Ball! | Obstacle Course | Secret Agent Tag | 4-7-8 Breath | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 30 | | | | | Over or Under | Relay Race | Capture the Flag | Body Scan | Downward Facing Dog/Pigeon Pose/Lizard Pose | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 31 | Skip Forward and Backwards/Side Shuffle/Butt Kickers/Sprint | Lower Body/Agility | 30 seconds at each station | Squat Jumps/Speed Side Shuffle/Tic Tocs/Back Lunges w/ Sandbell | Tug O' War | Obstacle Course | Four Goal Soccer | Bell Ringing | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 32 | | | | | Bean Bag Tag | Relay Race | Over / Under | Mindful Bubbles | Downward Facing Dog/Pigeon Pose/Lizard Pose | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 33 | Walking Arm Circles/High Kicks/Knee Hugs/Bear Crawls | Upper Body/Core | 30 seconds at each station 40 seconds at each station | Stand up bicycles w/ Sand Bell/Planks/Dead Bugs/Plank High 5's | Tic Tac Toe | Obstacle Course | Hula Hoop Passing | Mindful Posing | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 34 | | | | | Sandbell Ball Pass with Ladder | Relay Race | 2+ Ball Soccer | Heartbeat Exercise | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 35 | Toe Walks/Heel Scoops/Quad Stretch/Heel Walks | Lower Body/Core | 40 seconds at each station | Squat Holds/Spider Lunges/Single Leg Balance/Shoulder taps | Head, Shoulders, Knees, Toes, Ball! | Obstacle Course | Handball | 4-7-8 Breath | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 36 | | | | | Over or Under | Relay Race | Flag Tag with Teams | Body Scan | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 37 | Walking Arm Circles/High Kicks/Knee Hugs/High Knees | Upper Body/Agility | 40 seconds at each station | Plank Rotations/Hand Walks/Flutter Kicks/Kickouts | Tug O' War | Obstacle Course | Crab Soccer | Bell Ringing | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 38 | | | | | Crocodile Tag | Relay Race | Powerball | Mindful Bubbles | Downward Facing Dog/Pigeon Pose/Lizard Pose | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 39 | Skip Forward and Backwards/Side Shuffle/Butt Kickers/Sprint | Lower Body/Agility | 40 seconds at each station | Step Ups/In In Out Out/Liners/Squats | Tic Tac Toe | Obstacle Course | Silent Ball | Mindful Posing | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 40 | | | | | Dots and Bean Bags Race | Relay Race | Ro Sham Bo Champion | Heartbeat Exercise | Downward Facing Dog/Pigeon Pose/Lizard Pose | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 41 | Walking Arm Circles/High Kicks/Knee Hugs/Bear Crawls | Upper Body/Core | 40 seconds at each station | Stand up Bicycles w/ Sand Bell/Planks/Dead Bugs/Plank High 5's | Head, Shoulders, Knees, Toes, Ball! | Obstacle Course | Toxic River | 4-7-8 Breath | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 42 | | | | | Over or Under | Relay Race | Human Alphabet | Body Scan | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 43 | Toe Walks/Heel Scoops/Quad Stretch/Heel Walks | Lower Body/Core | 40 seconds at each station | Squat Holds/Spider Lunges/Single Leg Balance/shoulder taps | Tug O' War | Obstacle Course | Moving Day Relay | Bell Ringing | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 44 | | | | | Burpee Wave | Relay Race | Capture the Flag | Mindful Bubbles | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 45 | Walking Arm Circles/High Kicks/Knee Hugs/High Knees | Upper Body/Agility | 40 seconds at each station | Plank Rotations/Hand Walks/Flutter Kicks/Kickouts | Tic Tac Toe | Obstacle Course | Dr. Dodgeball | Mindful Posing | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 46 | | | | | Bean Bag Tag | Relay Race | Guard the King / Queen | Heartbeat Exercise | Downward Facing Dog/Pigeon Pose/Lizard Pose | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 47 | Skip Forward and Backwards/Side Shuffle/Butt Kickers/Sprint | Lower Body/Agility | 40 seconds at each station | Step Ups/In In Out Out/Liners/Squats | Head, Shoulders, Knees, Toes, Ball! | Obstacle Course | Kickball | 4-7-8 Breath | Wide-Legged Forward Fold/Malasan/Supine Spinal Twist | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 48 | | | | | Over or Under | Relay Race | Ultimate Anything | Body Scan | Downward Facing Dog/Pigeon Pose/Lizard Pose | Flamingo Stretch/Toe Touch/Side Reach/Toe Touch Twists |
| 49 | Walking Arm Circles/High Kicks/Knee Hugs/Bear Crawls | Upper Body/Core | 40 seconds at each station | Incline Pushups/Side Plank/Bicycles/Inch Worms | Tug O' War | Obstacle Course | Tv / Movie Tag | Bell Ringing | Cobra Pose/Spinal Twist/ Bridge Pose/ Happy Baby | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |
| 50 | | | | | Dots and Bean Bags Race | Relay Race | Passing Relay | Mindful Bubbles | Plow Pose/Butterfly Pose/ Seated Spinal Twist | Arm Stretches Across Body/Arm Stretches Behind Body/Side Reach/Toe Touch Twists |

2019-2020 Program Equipment List

| EQUIPMENT ITEM | TOTAL NEEDED |
|-----------------------|--------------|
| Short cones | 36 |
| Beanbags | 36 |
| Dots/Poly spots | 24 |
| Waist flags - color A | 24 |
| Pinnies | 24 |
| Dodgeballs | 18 |
| Waist flags - color B | 12 |
| Tall cones | 12 |
| Hula hoops | 9 |
| Kettle Bells | 4 |
| Playground balls | 4 |
| Ankle Bands | 4 |
| Hurdles | 4 |
| Sandbells | 4 |
| Soccer balls | 2 |
| Agility ladder | 2 |
| Parachutes | 2 |
| Speed Chutes | 2 |
| Battle ropes | 2 |
| Equipment Bag/Duffle | 1 |
| Mesh Ball Bag | 1 |
| Hula Hoop Bag | 1 |
| Measuring Tape | 1 |

Fitness Video Library List of Videos

Warm Ups

- 1 Bear Crawls
- 2 Butt Kickers
- 3 Heel Scoops
- 4 Heel Walks
- 5 High Kicks
- 6 High Knees
- 7 Knee Hugs
- 8 Quad Stretch
- 9 Side Shuffle
- 10 Skip Backwards
- 11 Skip Forward
- 12 Sprint
- 13 Toe Walks
- 14 Walking Arm Circles

Fitness Stations

- 1 Back Lunges
- 2 Back Lunges with Sand Bell
- 3 Bicep Curls
- 4 Bicycles
- 5 Crab Toe Touch
- 6 Dead Bugs
- 7 Flutter Kicks
- 8 Front Plank
- 9 Hand Walks
- 10 Heel Drops
- 11 High Knee Runs
- 12 In, In, Out, Out
- 13 Inch Worms
- 14 Incline Push Ups
- 15 Kickouts
- 16 Liners
- 17 Mountain Climbers
- 18 Plank High 5's
- 19 Plank Rotation
- 20 Planks
- 21 Planks In, In, Out, Out
- 22 Rows
- 23 Shoulder Taps
- 24 Side Plank
- 25 Single Leg Balance
- 26 Single Leg Toe Touch
- 27 Speed Hand Walk
- 28 Speed Side Shuffle
- 29 Spider Lunges
- 30 Squat Hold w/ Kettle Bell
- 31 Squat Holds
- 32 Squat Jumps
- 33 Squats
- 34 Stand Up Bicycles
- 35 Stand up bicycles w/ Sand Bell
- 36 Step Ups
- 37 Tic Tocks

| | | |
|-----------------------------|--------------|------------------|
| Class Equipment List | 2 beanbags | 1 measuring tape |
| | 4 tall cones | 1 dot |
| | Tempo app | |

| The Presidential Physical Fitness Test - National Standards | | | | | | | | | | | |
|--|-----|------------------|-------------|----------------------|-----------------|-------------|-----|------------------|-------------|----------------------|-----------------|
| GIRLS | Age | Partial Curl-Ups | Shuttle Run | Right-Angle Push-Ups | V-Sit and Reach | BOYS | Age | Partial Curl-Ups | Shuttle Run | Right-Angle Push-Ups | V-Sit and Reach |
| | 6 | 22 | 12.4 | 9 | +5.5 | | 6 | 22 | 12.1 | 9 | +3.5 |
| | 7 | 24 | 12.1 | 14 | +5.0 | | 7 | 24 | 11.5 | 14 | +3.5 |
| | 8 | 30 | 11.8 | 17 | +4.5 | | 8 | 30 | 11.1 | 17 | +3.0 |
| | 9 | 37 | 11.1 | 18 | +5.5 | | 9 | 37 | 10.9 | 18 | +3.0 |
| | 10 | 33 | 10.8 | 20 | +6.0 | | 10 | 35 | 10.3 | 22 | +4.0 |
| | 11 | 43 | 10.5 | 19 | +6.5 | | 11 | 43 | 10.0 | 27 | +4.0 |
| | 12 | 50 | 10.4 | 20 | +7.0 | | 12 | 64 | 9.8 | 31 | +4.0 |
| | 13 | 59 | 10.2 | 21 | +7.0 | | 13 | 59 | 9.5 | 39 | +3.5 |
| | 14 | 48 | 10.1 | 20 | +8.0 | | 14 | 62 | 9.1 | 40 | +3.5 |

| Test 1 | Partial Curl-Ups |
|------------------|---|
| Objective | To measure abdominal strength/endurance by maximum number of curl-ups. |
| Testing | <ol style="list-style-type: none"> 1. Player being tested lays on a cushioned, clean surface with knees bent and feet about 12 inches from buttocks. The feet are not held or anchored, and arms are extended forward with fingers resting on the legs and pointing toward the knees. 2. A partner kneels behind the player being tested and cups his/her hands under the player's head. 3. The player being tested curls up, slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. 4. The curl-ups are done to a metronome (or audiotape, clapping, or drums), with one complete curl-up every 3 seconds, and they are continued until the student can do no more at the required pace. The student should remain in motion during the entire 3-second interval. |
| Scoring | Record only those curl-ups done with proper form and in rhythm. |

| Test 2 | Shuttle Run |
|------------------|--|
| Objective | To measure speed and agility. |
| Testing | <ol style="list-style-type: none"> 1. Use tall cones to mark 2 start and end lines 30 feet apart and place 2 beanbags at the end cone. 2. On the signal READY? GO! the player runs to the beanbags, picks one up, runs back to the starting line, places the beanbag behind the line, runs back and picks up the second beanbag, and runs back across the starting line. |
| Scoring | Beanbags should not be thrown across the lines. Scores are recorded to the nearest tenth of a second (e.g., 15.5 seconds). |

| Test 3 | Right-Angle Push-Ups |
|------------------|--|
| Objective | To measure upper body strength/endurance by maximum number of push-ups completed. |
| Testing | <ol style="list-style-type: none"> 1. The player starts in push-up position (hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart with toes supporting the feet). 2. Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows, with upper arms parallel to the floor. 3. A partner holds his/her hands at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulders touch the partner's hand, then goes back up. 4. The push-ups are done to a metronome (or audiotape, clapping, or drums), with one complete push-up every 3 seconds, and they are continued until the student can do no more at the required pace. The student should remain in motion during the entire 3-second interval. |
| Scoring | Record only those push-ups done with proper form and in rhythm. |

| Test 4 | V-Sit Reach |
|------------------|--|
| Objective | To measure flexibility of lower back and hamstrings. |
| Testing | <ol style="list-style-type: none"> 1. Mark a straight line, 2 feet long, on the floor as the baseline. 2. Draw a straight line, 4 feet long, perpendicular to the midpoint of the baseline. This 4-foot line should extend 2 feet above and 2 feet below the baseline and be marked off in half inches. The point where the baseline and measuring line intersect is the 0 point. 3. The player removes his/her shoes and sits on the floor with the measuring line between legs. Soles of feet are placed immediately behind baseline, heels 8–12 inches apart. 4. With hands on top of each other, palms down, the player places them on the measuring line. 5. With the legs held flat by a partner, the student slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed. After 3 practice tries, the student holds the fourth reach for 3 seconds while that distance is recorded. |
| Scoring | Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than bounce while stretching. Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond the baseline, minus scores for reaches behind the baseline. |

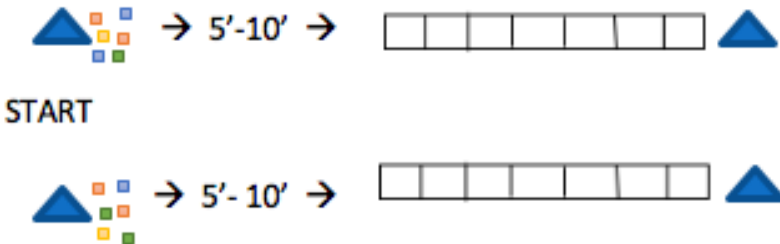
| Class Equipment List | <u>Fitness Stations & Games</u> | <u>Relay Race</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 1 Battle Rope | <ul style="list-style-type: none"> • 4 Short Cones • 30 Beanbags • 2 Agility Ladders | <ul style="list-style-type: none"> • Bean Bags (1 per player) • Short Cones |

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

| | |
|--|---|
| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: Bear Crawls |
|--|---|

Fitness Stations & Game (20 min.)

| | |
|---------------------------|--|
| Stations (10 min.) | Station 1: Standup Bicycles Station 2: Front Plank Station 3: Dead Bugs Station 4: Plank High 5's <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. Each station 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 30 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.) | Tug O' War <ul style="list-style-type: none"> • Players divide into even teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, each team tries to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team to their side of the center. |

| 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 players into even lines. Each team should have at least 15 beanbags in front of the short cone. • When the coach blows the whistle, the first player in each line picks up a beanbag and tries to toss it into the first box of the ladder. If that player's beanbag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder. • If players miss the appropriate box, they run to collect the beanbag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line. This repeats until all boxes of the ladder have a beanbag. • If players have not made it to the cheering team and all the boxes have been filled, repeat steps starting with box 1. In this case, there may be more than one beanbag in each box. |
| Diagram |  |

| PE Game: Bean Bag Balance Tag (15 min.) | |
|--|---|
| Setup | Set up a field of play. Use cones, if necessary, to mark boundaries. The field should be about the size of a basketball court or smaller. This game could be played inside a classroom. |

| | |
|--------------------------|--|
| Game Instructions | <p>Goal of the game: Players keep the bean bag balanced on their head while tagging people and helping others.</p> <ul style="list-style-type: none"> • Everyone starts with a bean bag balanced on their head (no holding the bean bag on head with hands). • Everyone in this game is “it.” • Players try to tag each other while balancing the bean bag on their head. • If their bean bag falls off or they are tagged, the player is frozen. When frozen, players drop the bean bag next to them on the ground and wait to be saved. • To be saved, another player has to come by and pick up the frozen player’s bean bag while still balancing their own bean bag. If the player who is doing the saving drops the bean bag on their head, they are frozen as well. • Variations: Bean bags can be balanced on the head, shoulder, or back of the hand. |
|--------------------------|--|

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm’s length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • “Please get into your ‘mindful bodies’—still and quiet, sitting upright, eyes closed.” • “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.” • 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. • “Please raise your hand when you can no longer hear the sound.” • 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 ...” • Ring the bell to end. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm’s length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, tops of the feet on the floor. • Spread your hands on the floor under your shoulders. |

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| | <ul style="list-style-type: none"> • Hug the elbows back into your body. • Press the tops of the feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
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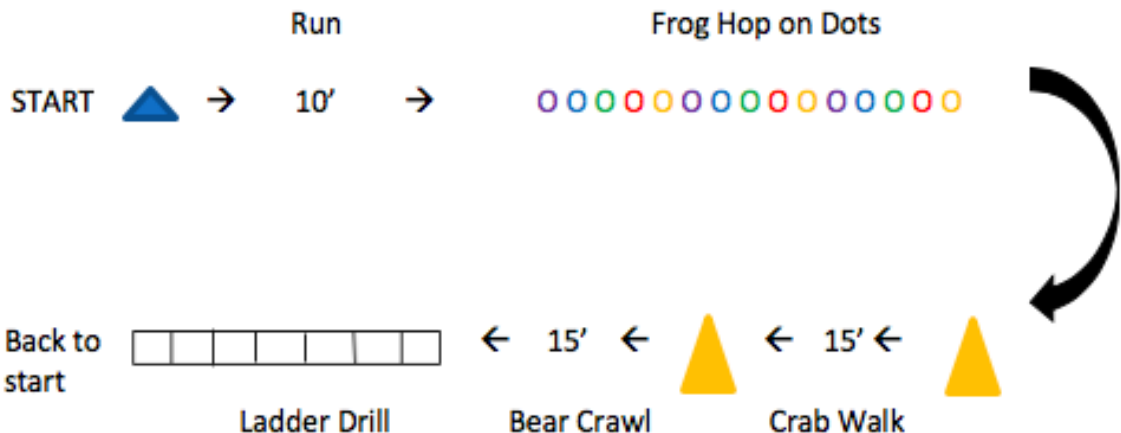
| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Arm Stretches Across Body</p> <ul style="list-style-type: none"> • Bring one arm across your chest and pull 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> |

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| | <ul style="list-style-type: none">• Put hands behind body and interlock fingers. Once interlocked, see how far you can bring up 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 with 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. |
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| Class Equipment List | <u>Fitness Stations & Games</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Sandbells | <ul style="list-style-type: none"> • 1 Short Cone • 15 Dots/Poly Spots • 1 Agility Ladder • 2 Tall Cones | <ul style="list-style-type: none"> • Short Cones • Waist Flags (1 per player) |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: Bear Crawls |

| Fitness Stations & Game (20 min.) | |
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| Stations (10 min.) | Station 1: Standup Bicycles Station 2: Front Plank Station 3: Dead Bugs Station 4: Plank High 5's <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 30 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.) | Hot Potato with Sandbells <ul style="list-style-type: none"> • Players sit or stand in a circle; 2 players opposite each other start with a sandbell. • When the coach blows the whistle, players pass the sandbell around the circle. • When the coach says STOP, the 2 players with a sandbell must do 5 push-ups. • Play until all or most of the players have been caught with the “hot potato” and performed 5 push-ups. |

| Obstacle Course (15 min.) | |
|----------------------------------|--|
| Setup and Instructions | <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>One player at a time starts the course. From the start cone, players run to the first dot where they get into frog position. Players perform 1 frog hop to the next dot and repeat until the end of the dots. From the dots, players run to the first tall cone, crab walk to the second tall cone, and bear crawl to the ladder. At the ladder, players perform a ladder drill. Players then run back to the start to repeat. Players should complete the course at least twice.</p> |
| Diagram |  |

| PE Game: Sharks and Minnows (15 min.) | |
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| Setup | Set up a field of play. Use cones, if necessary, to mark boundaries. A basketball court-sized space is perfect. |
| Game Instructions | <p>Goal of the game: Be quick to avoid being tagged by the sharks and try to tag the minnows.</p> <ul style="list-style-type: none"> Choose 1–4 players to start off as “sharks.” The sharks do not wear the waist flags. The sharks stand in the middle of the field of play, and all other players are the “minnows.” The minnows stand together at one end of the field. All minnows wear a waist flag. When the coach or the sharks yell, “Swim!” the minnows try to run across the field to the other side while the sharks try to grab their waist flags. If minnows make it to the other side without getting their flag pulled, they are safe. If a minnow’s waist flag gets pulled, they put the flag to the side and become a shark. Play until a couple minnows are left, then start a new round. Variations: When a shark pulls a minnow’s waist flag, they become seaweed. Seaweeds freeze where their flag was pulled and cannot move from that spot. When the game continues, the seaweed can tag minnows, without moving, and make them seaweed as |

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| | well. |
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| Mindfulness (45 sec.) | |
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| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 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 mind as they form, detach, and pop or float away.</p> |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length. 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 breathing.</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 extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor, draw the knees toward the ears, and 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 the knees move toward the floor. • Fold forward from your hips so your chest moves toward the floor. • Hold for 6 breaths. |

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| | <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, and sit up tall. • Exhale, and twist to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip, left fingertips behind you, hug 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 length from one another. 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 bring up 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 with 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. |

| Class Equipment List | <u>Fitness Stations & Games</u> | <u>Relay Race</u> | <u>PE Game</u> |
|-----------------------------|--|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 9 Hula Hoops • 9 Bean Bags of Color A • 9 Bean Bags of Color B | <ul style="list-style-type: none"> • Dots/Poly Spots | <ul style="list-style-type: none"> • Short Cones |

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

| 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 30 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.) | Tic Tac Toe <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams. • Divide the bean bags evenly between the teams and be sure each team has a specific color. For example, Team A's bags might be green while Team B's bean bags are red. • Standing 10 feet away, the first players of each team pick up their color bean bags and toss them into one of the hula hoops in the grid. • Each successive player takes a turn tossing a beanbag until one team is able to get 3 bean bags in a row (vertical, horizontal, or diagonal). • Variations: Create an obstacle course to run through before tossing bean bag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc. |

| 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"> • Use the rules for musical chairs, but play with dots. • Spread out dots, using 1 less than the total number of players. For example, if there are 20 players, spread out 19 dots. • Before the music starts, coach should call out how players will move around (run, skip, hop, jump, etc.) When the music starts, players move around the dots. When the music stops, players find a dot and do a squat hold in place until the music starts again. The player without a dot is out. • The coach should remove a dot after each round until there is one player left. • Repeat game for time. |

| PE Game: Chaos Tag (15 min.) | |
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| Setup | Set up a field of play. Use cones, if necessary, to mark boundaries. |
| Game Instructions | <p>Goal of the game is to work on chasing and fleeing skills.</p> <ul style="list-style-type: none"> • In this tag game everyone is “it.” • If players get tagged, they must take a seat on the ground. They may not get up until the player who tagged them gets tagged and sits. • For example, if Player A tags Player B, Player B sits on the ground and watches to see when Player A gets tagged. Once Player A gets tagged by Player C, Player A sits down and Player B gets up. • Variations: If the game has stalled, the coach may yell, “Break!” That means everyone is free and back up again and the game resets. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm’s length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace the hands behind the back. • Step your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> • 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.) • Separate your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and resist the knees into the elbows. <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend the left knee and cross it outside of the right foot. • Use your hand to put slight pressure on the left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend the arms to a T, perpendicular to the torso. • Turn the head so the eyes can see to the left. <p>Take 5 breaths and 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> |

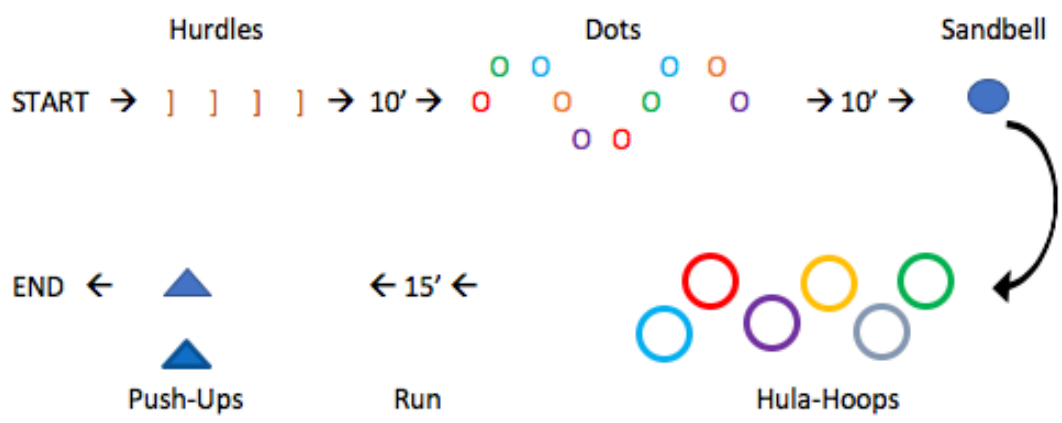
| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown | 1. Flamingo Stretch |

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| Stretches | <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |
|------------------|---|

| Class Equipment List | <u>Fitness Stations & Games</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|--|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 2 Sandbells | <ul style="list-style-type: none"> • 4 Hurdles • 10 Dots/Poly Spots • 1 Sandbell • 6 Hula Hoops • 2 Short Cones | <ul style="list-style-type: none"> • 6 Cones • 24 Dots/Poly Spots |

| 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 |

| 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 30 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.) | Sandbell Pass with Agility Ladder <ul style="list-style-type: none"> • Divide players into two lines, facing forward. The lines should be about 10 feet apart. • Set up 2 start cones and 2 end cones, about 20 feet apart, with one ladder for each line halfway between the cones. • When the coach blows the whistle, the first two players in each line pass the sandbell back and forth while side-shuffling along the sides of the ladder to the end cone. • Players should repeat passing the sandbell back and forth to the start cone. Once back at the start cone, one player should hold the sandbell and pass it to the next 2 players in line. Play until all players have completed the drill. |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <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>One person at a time starts the course. Jump over each hurdle with two feet. Jump on the dots, landing on one foot for each dot. Raise a sandbell up over the head and place it back down. Repeat 5 times. Jump from one hula hoop to the next with two feet. Run to the end and finish with 5 push-ups.</p> |
| Diagram |  |

| PE Game: Speedway (15 min.) | |
|------------------------------------|--|
| Setup | <p>Use dots/poly spots to create a race track. A basketball court works great for the track. Spread the 6 cones out around the race track.</p> |
| Game Instructions | <p>Goal of the game is for players to work on their sprinting and working with a team.</p> <ul style="list-style-type: none"> • This is a relay race; each player will have one turn around the track. • Divide class into 6 teams, and have each team sit behind a cone toward the inside of the track. • Choose a direction for the players to run their lap. • Have the first player on each team stand in the race track. • When the coach says, “Go!” players sprint around the track trying to get back around to their team. • When they get back to their team, they high-five the next player in line and that player starts their lap around the track. • Game continues until all players have run a lap. • Variations: Teams could be mixed up each round, or players could practice a locomotor skill while moving around the track. Locomotor movements could include speed-walking, skipping, hopping, side-stepping, galloping, etc. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 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 heartbeat 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 or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| 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 extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor and draw the knees toward the ears and 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. |

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| | <ul style="list-style-type: none"> • 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 the knees move toward the floor. • Fold forward from your hips so 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, and sit up tall. • Exhale, and twist to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip, left fingertips behind you, hug 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 length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |

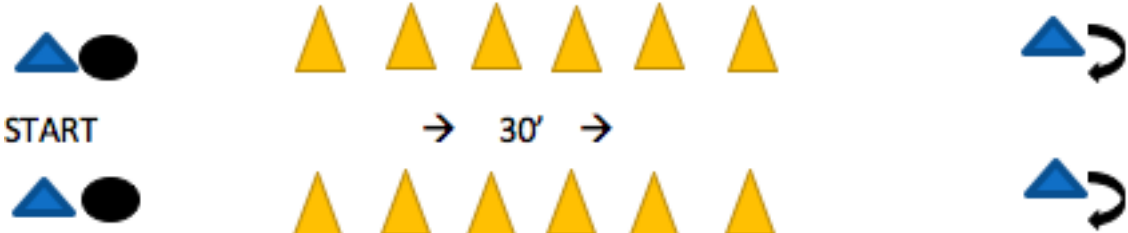
| Class Equipment List | <u>Fitness Stations & Games</u> | <u>Relay Race</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • Dodgeballs (1 per pair) | <ul style="list-style-type: none"> • 4 Short Cones • 12 Tall Cones • 2 Sandbells | <ul style="list-style-type: none"> • 3–5 Dodgeballs • Dots/Poly Spots |

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: High Knees</p> |
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Fitness Stations & Game (20 min.)

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|---------------------------|---|
| Stations (10 min.) | <p>Station 1: Plank Rotations</p> <p>Station 2: Speed Hand Walks</p> <p>Station 3: Heel Drops</p> <p>Station 4: Kickouts</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 30 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>Head, Shoulders, Knees, Toes, Ball</p> <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • Coach will say, “head,” “shoulders,” “knees,” or “toes” in any order. • Players should touch whichever part of their body the coach calls out. • When the coach yells, “Ball!” players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p> |

| Relay Race (15 min.) | |
|-----------------------------|--|
| Setup | Set up obstacle course or relay in a space that accommodates the size of the group. Divide players into 2 equal teams and place at start cone. |
| Relay Instructions | <ul style="list-style-type: none"> • Divide each team in half and send half the players to the opposite end cone. • The first player from each team at the start cone picks up a sandbell. When the coach blows the whistle, the player runs in and out of the cones in a figure-8 position towards the end cone. • The player then passes the sandbell to the first player at the end cone who then runs in and out of the cones in a figure-8 position towards the start cone. • Each player should run through the cones twice, putting them back in their original line. |
| Diagram |  |

| PE Game: Line Tag (15 min.) | |
|------------------------------------|---|
| Setup | If no basketball court with lines on the ground is available, use dots/poly spots to make a rectangle with 2–3 lines connecting the sides of the rectangle. |
| Game Instructions | <p>Goal of the game is to work on locomotor skills while running on lines.</p> <ul style="list-style-type: none"> • Choose 3–5 players to start off as “it.” These players will carry the dodgeballs. During the game they cannot throw the balls. • All players, including the players who are “it,” have to run and move on the lines. They can travel in any direction but are not allowed to jump lines. • To get to another line, players must run until they come to an intersection with another line. • Taggers tag others with the ball; when they tag someone, they give that player the ball. That new player then becomes “it.” • Variations: Movements can be changed (i.e., players can walk, run, skip, hop, etc.). |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire sequence of breathing.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through the mouth and then close the mouth. • Breathe in through the nose for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouth (with whooshing sound) for a count of 8. • Close the mouth and repeat all steps 4 times. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, tops of the feet on the floor. • Spread your hands on the floor under your shoulders. • Hug the elbows back into your body. • Press the tops of the feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> |

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| | <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee so your shins are perpendicular to the floor. • Hold for 6 breaths. |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. 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 bring up 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 with 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. |

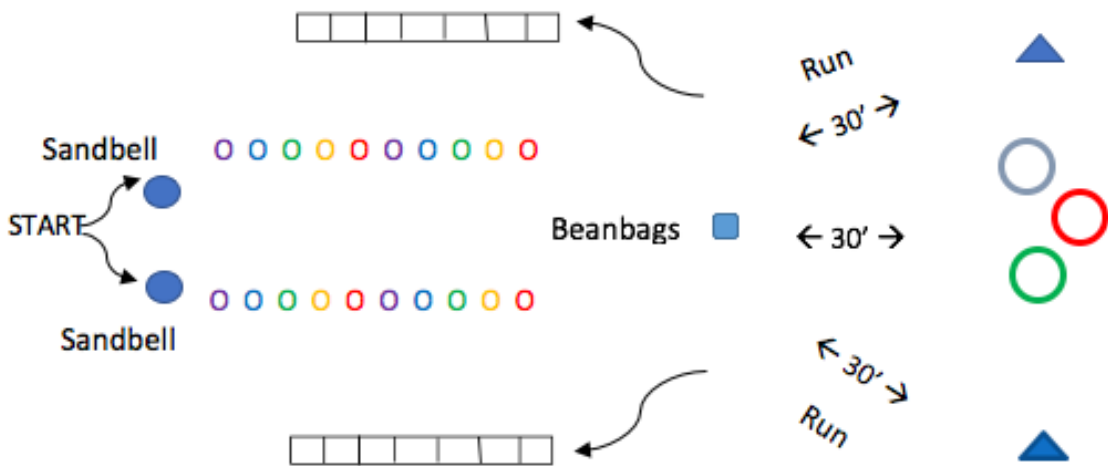
| Class Equipment List | <u>Fitness Stations & Games</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells | <ul style="list-style-type: none"> • 2 Sandbells • 20 Dots/Poly Spots • 36 Bean Bags • 3 Hula Hoops • 2 Short Cones • 2 Agility Ladders | <ul style="list-style-type: none"> • Short Cones |

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

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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees |
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Fitness Stations & Game (20 min.)

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| Stations (10 min.) | Station 1: Plank Rotations Station 2: Speed Hand Walks Station 3: Heel Drops Station 4: Kickouts <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. Each station 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 30 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.) | Over or Under <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, and the player in the 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 time 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. |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <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>Divide the players into 2 lines. One Player from each line starts the course. To start, players pick up a sandbell and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one bean bag into a hula hoop that is 30 feet away. Once they get a bean bag into the hula hoop, players run down and around the cone that is 30 feet away. Last, players hop through the agility ladder sideways and then go back to the start. Each player repeats this obstacle course several times.</p> |
| Diagram |  |

| PE Game: Secret Agent Tag (15 min.) | |
|--|---|
| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. |
| Game Instructions | <p>Goal of the game is to tag or free others.</p> <ul style="list-style-type: none"> In this tag game there are 3 jobs: <ul style="list-style-type: none"> Bad guys – try to tag everyone that is standing up. If tagged by a bad guy, the player must sit down and is stuck until freed by a secret agent. If a bad guy tags another bad guy, nothing happens. Secret agents – try to tag anyone who is sitting down to free them. They also try to avoid getting tagged by the bad guys. If tagged by a bad guy, they must sit and wait until another secret agent frees them. Citizens – don't have a job but run around and can get tagged by the bad guys and freed by the secret agents. |

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| | <ul style="list-style-type: none"> • Sit players in a circle and ask players to close their eyes, and the coach will go around and tap 3–5 players ONCE on the head—these will be the bad guys. The coach will also go around and tap 3–5 players TWICE on the head—these players will be secret agents. In a class of 20, usually 5 players are bad guys and 6 are secret agents. If a player’s head is not tapped, then they are a citizen. • Ask players to stand up and spread out, and the coach will say, “Go!” to start the round. • Rounds go on until all the bad guys tag the secret agents or for 5–10 minutes. • Variations: To make the game go on for longer, have more secret agents than bad guys. |
|--|--|

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm’s length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.</p> <ul style="list-style-type: none"> • Have your kids lie down on their back on a comfortable surface and close their eyes. • Then, tell them to squeeze every single 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. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm’s length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Downward-Facing Dog</p> <ul style="list-style-type: none"> • The pose has the head down, with the weight of the body on the palms and feet. • The arms are stretched straight forward, shoulder-width apart. • The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. Take 5 breaths. Hold the right ankle with the left hand, take 3 breaths, then switch to holding the left ankle with the right hand and take 3 breaths. |

| | |
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| | <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> • From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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 so that your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose with the left knee brought to the left wrist and 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 the feet up to the hands and unroll the spine upward until standing.</p> |
|--|--|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. 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 bring up 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 with 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. |

| Class Equipment List | <u>Fitness Stations & Games</u> | <u>Relay Race</u> | <u>PE Game</u> |
|-----------------------------|--|---|--|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 1 Battle Rope | <ul style="list-style-type: none"> • 4 Short Cones • 2 Ankle Bands • 2 Agility Ladders | <ul style="list-style-type: none"> • 6 Hula Hoops • 13 Short Cones |

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

Warm-Up 1: Skip Forward & Backward

Warm-Up 2: Side Shuffle

Warm-Up 3: Butt Kickers

Warm-Up 4: Sprint

Fitness Stations & Game (20 min.)

**Stations
(10 min.)**

Station 1: Step-Ups

Station 2: In, In, Out, Out

Station 3: Mountain Climbers

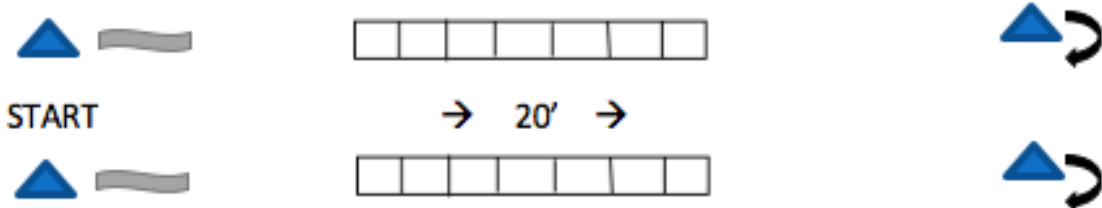
Station 4: Squats

- Use 4 tall cones to designate 4 stations. Each station 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 30 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.)**

Tug O' War

- Players divide into even teams and line up on opposite ends of the balance rope.
- When the coach blows the whistle, teams try to pull the opposite team toward them.
- Play continues until one team has successfully pulled all the players from the other team to their side of the center.

| Relay Race (15 min.) | |
|-----------------------------|---|
| Setup | Set up obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up. |
| Relay Instructions | <ul style="list-style-type: none"> • Players divide into two teams and stand behind a start cone. • When the coach blows the whistle, the first two players from each team put the ankle band around their ankles. One player will have the band around his/her left ankle and the other will have the band around his/her right ankle. • Once the ankle band is on, the players work together to walk/run through the ladder, stepping/hopping the banded feet in each square, towards the end cone 25 feet away. • Players repeat this movement back to the start cone and pass the ankle band to the next two players in line. • Repeat until all players have gone at least twice. |
| Diagram |  |

| PE Game: 3 Cones (15 min.) | |
|-----------------------------------|--|
| Setup | Take 13 cones and place them in a pile in the middle of the field of play. Then take the 6 hula hoops and spread them out in a circle around the pile of items. |
| Game Instructions | <p>Goal of the game is to collect 3 cones before the other teams.</p> <ul style="list-style-type: none"> • Divide players into 6 teams and have each team stand in a line behind a hula hoop. • Have the first player in line go to the pile in the middle of play and touch one cone. • When the coach says, "Go!" the first player grabs the cone from the pile and brings it back to their hula hoop. • Then the next player on that team goes and runs to the pile or other team's hula hoops and grabs 1 cone and brings it back to their hula hoop. Then the next player goes. • Players cannot stop other teams from stealing the cones in their hula hoop. • Play continues until one team has 3 cones. • Variations: Cones in the middle could decrease down to 9 cones. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • “Please get into your ‘mindful bodies’—still and quiet, sitting upright, eyes closed.” • “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.” • 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. • “Please raise your hand when you can no longer hear the sound.” • 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 ...” • Ring the bell to end. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length from one another. 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. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace the hands behind the back. • Step your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> • 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.) • Separate your thighs slightly wider than your torso. |

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| | <ul style="list-style-type: none"> • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and resist the knees into the elbows. • Hold for 8 breaths. <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend the left knee and cross it outside of the right foot. • Use your hand to put slight pressure on the left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend the arms to a T, perpendicular to the torso. • Turn the head so the eyes can see to the left. <p>Take 5 breaths and 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> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |

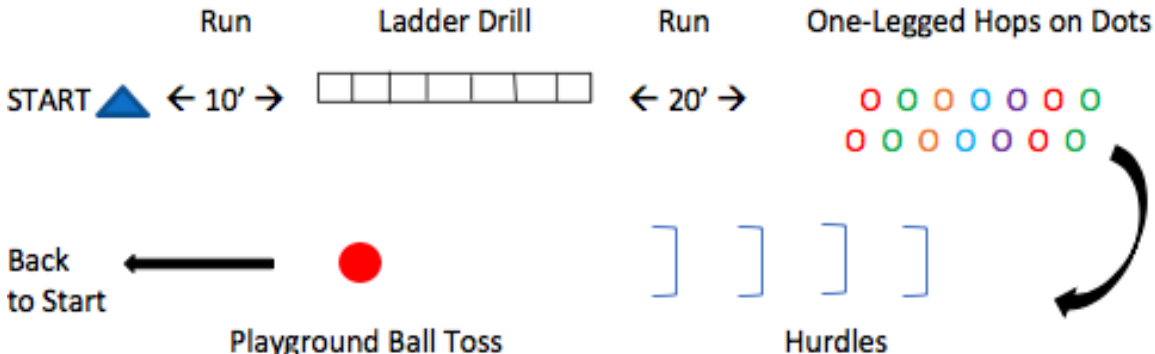
| Class Equipment List | <u>Fitness Stations & Games</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • Dots/Poly Spots • Bean Bags | <ul style="list-style-type: none"> • 1 Short Cone • 1 Agility Ladder • 4 Dots/Poly Spots • 4 Hurdles • 1 Playground Ball | <ul style="list-style-type: none"> • Short Cones |

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

Warm-Up 1: Skip Forward & Backward
Warm-Up 2: Side Shuffle
Warm-Up 3: Butt Kickers
Warm-Up 4: Sprint

Fitness Stations & Game (20 min.)

| | |
|---------------------------|---|
| Stations (10 min.) | <p> Station 1: Step-Ups Station 2: In, In, Out, Out, Ladder Station 3: Mountain Climbers Station 4: Squats </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 30 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>Dots and Beanbags Race</p> <ul style="list-style-type: none"> • Divide the players into 2 teams and give one team the dots and the other the bean bags. • When the coach blows the whistle, the team with the dots places them in random locations on the field of play and returns to the start area while the other team closes their eyes while the dots are being placed. • Once the first team finishes placing the dots, the team with the bean bags runs out and places one bean bag on every dot and then returns to the start area. • The goal is for each team to complete their task as quickly as possible. The coach should be timing how long it takes each team to finish placing dots or bean bags. • Do a couple rounds so that both teams have the opportunity to place dots and bean bags. • You can change it up by asking teams to perform other movements when placing dots and bean bags, such as hopping, skipping, running backwards, etc. |

| Obstacle Course (15 min.) | |
|----------------------------------|--|
| Setup and Instructions | <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 completes this course. Players start by running up to the ladder and jumping in and out of the ladder for the full length of the ladder. Next, players hop from dot to dot on one foot following the zig-zag pattern, staying on the same foot. Then, players jump sideways over the hurdles. After the last hurdle, the coach will toss a playground ball to the player, and the player must jump up and try to catch the ball while in midair and toss it back to the coach before landing. Players return to the start line to repeat the course. Players should complete course at least twice.</p> |
| Diagram |  <p>The diagram illustrates the layout of the obstacle course. It begins with a START cone. A Run section of 10 feet leads to a Ladder Drill consisting of 6 squares. Another Run section of 20 feet leads to One-Legged Hops on Dots, which is a zig-zag pattern of 12 colored dots (red, green, blue, yellow, purple, red, green, blue, yellow, purple, red, green). This is followed by Hurdles (4 blue hurdles). A Playground Ball Toss is indicated by a red dot. A curved arrow shows the path from the hurdles back to the start, labeled Back to Start.</p> |

| PE Game: Turtle Tag (15 min.) | |
|--------------------------------------|--|
| Setup | Set up a field of play. Use cones if necessary to mark boundaries. |
| Game Instructions | <p>Goal of the game is to be quick and avoid being tagged.</p> <ul style="list-style-type: none"> Everyone is “it” in this game Players can avoid being tagged by going into their turtle shell. To make a turtle shell, players get down on the ground and cover their head. They can only be in their shell for 5 seconds. When a player gets tagged they must lie on their back and stick their hands and legs in the air, pretending to be a turtle on its back. The player is a turtle on its back until someone comes and tags them back up. Variations: Instead of everyone being “it,” the game could have 3–4 taggers. Taggers could tag with a foam ball. Change taggers every 5 minutes. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 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 mind as they form, detach, and pop or float away.</p> |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Downward-Facing Dog</p> <ul style="list-style-type: none"> The pose has the head down, with the weight of the body on the palms and feet. The arms are stretched straight forward, shoulder-width apart. The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold the right ankle with the left hand, take 3 breaths, then switch to holding the left ankle with the right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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, with your heel pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose with the left knee brought to the left wrist and 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</p> |

the other leg and hold for 5 breaths. Return to Downward-Facing Dog, then walk the feet up to the hands and unroll the spine upward until standing.

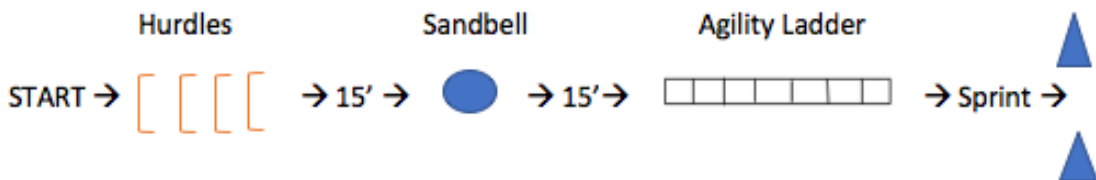
Cooldown Stretches (5 min.)

| | |
|---------------------------|---|
| Setup | Group students at arm's length from one another. 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 quad. Hold for 30 seconds. Switch sides and repeat. 2. Toe Touch <ul style="list-style-type: none"> • With straight legs and 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. Repeat with opposite side. 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. |

| Class Equipment List | <u>Fitness Stations & Games</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|--|---|--|
| | <ul style="list-style-type: none"> • 4 Tall cones • 9 Hula Hoops • 9 Bean Bags of Color A • 9 Bean Bags of Color B | <ul style="list-style-type: none"> • 4 Hurdles • 1 Sandbell • 1 Agility Ladder • 2 Tall Cones | <ul style="list-style-type: none"> • Waist Flags (1 per player) • Dots/Poly Spots or Short Cones |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
|---|---|
| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: Bear Crawls |

| Fitness Stations & Game (20 min.) | |
|--|--|
| Stations (10 min.) | Station 1: Standup Bicycles Station 2: Front Plank Station 3: Dead Bugs Station 4: Plank High 5's <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 30 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.) | Tic Tac Toe <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams. • Divide the bean bags evenly between the teams and be sure each team has a specific color. For example, Team A's bags might be green while Team B's bean bags are red. • Standing 10 feet away, the first players of each team pick up their color bean bags and toss them into one of the hula hoops in the grid. • Each player after takes a turn tossing a bean bag until one team is able to get 3 bean bags in a row (vertical, horizontal, or diagonal). • Variations: Create an obstacle course to run through before tossing bean bag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc. |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <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>One person at a time starts the course. To begin, the player jumps over each hurdle landing both feet on the ground before jumping again. Next, the player picks up the sandbell and throws it down to the ground. This is repeated 5 times. The player then performs fast feet through the ladder (example: 1 foot in, 1 foot out or both feet in, both feet out). After the ladder, the player should sprint through the end cones and then jog back to the start line. Each player should complete the course at least twice.</p> |
| Diagram |  |

| PE Game: Fruit Salad (15 min.) | |
|---------------------------------------|--|
| Setup | Create a large circle with the dots/poly spots and/or cones. |
| Game Instructions | <p>Goal of the game is to run across the circle while dodging taggers.</p> <ul style="list-style-type: none"> • Select 1–2 players to start off as “it.” • The rest of the players will put on a waist flag belt and stand on a dot/poly spot or next to a cone. These players will choose or be given a fruit to be—either apples, bananas, oranges, or strawberries. Any fruit can be chosen, but there are only 4–5 fruits per game. • Once a player picks their fruit, they have to stay that fruit for the rest of the game. • The tagger(s) starts in the middle of the circle. The tagger will yell out a type of fruit (for example, banana). All the players who chose bananas must try to run across the circle to an open spot or cone while avoiding having their flags pulled. • If their flag is pulled, they freeze where their flag was pulled and now they help with tagging, but they cannot move from that spot. • The tagger will then call out another fruit. The tagger can also call out “fruit salad,” which means everyone has to run across the circle without getting their flags pulled. • Play continues until almost all players’ flags are pulled. • Variations: Start with more taggers to have the rounds go quicker. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <ol style="list-style-type: none"> 1. Cobra Pose <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, with tops of the feet on the floor. • Spread your hands on the floor under your shoulders. • Hug the elbows back into your body. • Press the tops of the feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> 2. Spinal Twist <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> |

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| | <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. 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 bring up 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 with 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. |

| Class Equipment List | <u>Fitness Stations & Games</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 Sandbells | <ul style="list-style-type: none"> • 6 Hula Hoops • Dots/Poly Spots • Beanbags • Short Cones |

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

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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: Bear Crawls |
|--|---|

Fitness Stations & Game (20 min.)

| | |
|---------------------------|--|
| Stations (10 min.) | Station 1: Standup Bicycles Station 2: Front Plank Station 3: Dead Bugs Station 4: Plank High 5's <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 30 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.) | Hot Potato with Sandbells <ul style="list-style-type: none"> • Players sit or stand in a circle; 2 players opposite each other start with a sandbell. • When the coach blows the whistle, players pass the sandbell around the circle. • When the coach says STOP, the 2 players with a sandbell must do 5 push-ups. • Play continues until all or most of the players have been caught with the “hot potato” and performed 5 push-ups. |

| 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 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: Hungry, Hungry Hippos (15 min.) | |
|---|---|
| Setup | Set up a field of play. Use cones, if necessary, to mark boundaries. Take all bean bags and dots/poly spots and place them in a pile in the middle of the field of play. Then take the 6 hula hoops and spread them out in a circle around the pile of items. |
| Game Instructions | <p>Goal of the game is to collect as many items as fast as possible.</p> <ul style="list-style-type: none"> • Divide the players into 6 teams and have each team stand in a line behind a hula hoop. • When the coach says “go,” the first player in each line races to the center pile and grabs 1 item from the pile and brings it back to their hula hoop. • Then the next player on each team goes and runs to the pile, grabs 1 item, and brings it back to their hula hoop. • Play continues until all the items in the middle are gone. • Count up each team’s items to see who wins that round. • Variations: Certain items can be worth points. For example, poly spots could be worth 2 points and everything else worth 1 point. Points could depend on the color of the item. Players could be told about the different point values before the start of the game or after. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 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, 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 breathing. This easy exercise shows children how to notice their heartbeat 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 or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</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 extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor, draw the knees toward the ears, and 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 the knees move toward the floor. • Fold forward from your hips so your chest moves toward the floor. |

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| | <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, and sit up tall. • Exhale, and twist to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip, left fingertips behind you, hug 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 length from one another. 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 bring up 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 with 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. |

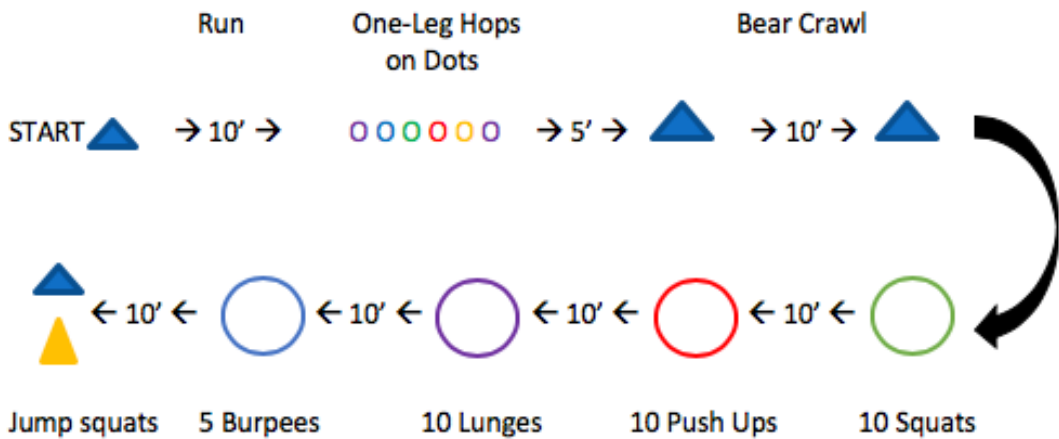
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|--|
| | <ul style="list-style-type: none"> • 4 Tall Cones • Dodgeballs (1 per pair) | <ul style="list-style-type: none"> • 4 Short Cones • 6 Dots/Poly Spots • 4 Hula Hoops • 1 Tall Cone | <ul style="list-style-type: none"> • Dodgeballs (1 per pair or group) |

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

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| | 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.)

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|---------------------------|---|
| 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 30 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.) | Head, Shoulders, Knees, Toes, Ball! <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • Coach will say, “head,” “shoulders,” “knees,” or “toes” in any order. • Players should touch whichever part of their body the coach calls out. • When the coach yells, “Ball!” players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p> |

| Obstacle Course (15 min.) | |
|----------------------------------|--|
| Setup and Instructions | <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, players run to the first dot and hop on one leg to the next dot and repeat until the end of the dots. Next, players run to the first cone and bear crawl to the second cone. After bear crawls, the players perform the activity listed below at each hula hoop. To finish, the players attempt a jump squat over a short or tall cone without touching the cone. Players return to the start line to repeat the course. Players should complete the course at least twice.</p> |
| Diagram |  |

| PE Game: Catch and Step (15 min.) | |
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| Setup | A large space, field, or blacktop works best. |
| Game Instructions | <p>Goal of the game: Practice throwing and catching.</p> <ul style="list-style-type: none"> • Coach will ask players to get into groups of 2. If a group of 3 needs to be created because of odd numbers, that's okay. • Each pair will get one foam dodgeball and stand facing each other at about an arm's length away. • Players will throw and catch the ball. If both players in the pair catch the ball, they may take a step away from each other and get farther apart. • Variations: Players can work on underhand throw, overhand throw, and non-dominant-hand throwing tricks like under the leg, sitting down, etc. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire sequence of breathing.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through the mouth and then close the mouth. • Breathe in through the nose for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouth (with whooshing sound) for a count of 8. • Close the mouth and repeat all steps 4 times. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace the hands behind the back. • Step your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> • 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.) • Separate your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and resist the knees into the elbows. |

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| | <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend the left knee and cross it outside of the right foot. • Use your hand to put slight pressure on the left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend the arms to a T, perpendicular to the torso. • Turn the head so the eyes can see to the left. <p>Take 5 breaths and 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> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |

| 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 • 16 Dodgeballs | <ul style="list-style-type: none"> • 4 Short Cones • 2 Personal Parachutes | <ul style="list-style-type: none"> • Dodgeball (1 per group) |

| 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 |

| 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 30 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.) | Frogger <ul style="list-style-type: none"> • Divide the players into 3 groups: 1 group of “frogs” and 2 groups of throwers. • Have the thrower groups stand on opposite sides of the field of play and give each thrower group 8 dodgeballs. • The frogs should stand to the side of the field, ready to frog jump across. • When the coach blows the whistle, the frogs begin frog jumping from one side of the field to the other, trying not to get hit with a dodgeball along the way. • If a frog is hit, they must run to the sideline. • Game restarts when all frogs have been captured. Be sure to rotate groups so that all players have a chance to be a frog. |

| 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 and have each team line 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: Keep it Up (15 min.) | |
|--------------------------------------|--|
| Setup | Set up a field of play; if necessary, use cones to mark off boundaries. Create groups of 4–6 players. |
| Game Instructions | <p>Goal of the game: Keep the ball in the air with hands.</p> <ul style="list-style-type: none"> • Divide players into groups. • Give each group a dodgeball. • Each team should count how many hits players can get in a row before the ball hits the ground. Players are not allowed to catch the ball. • When the ball hits the ground players must restart count. • Variations: Players can only use their feet, head, or elbows to make it more difficult. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.</p> <ul style="list-style-type: none"> • Have your kids lie down on their back on a comfortable surface and close their eyes. • Then, tell them to squeeze every single 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 a 20–30 seconds. • Encourage them to think about how their body is feeling throughout the activity. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</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 extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor, draw the knees toward the ears, and 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. |

| | |
|--|--|
| | <ul style="list-style-type: none"> • Wrap your hands around your feet or ankles. • Gently press your forearms or elbows into your thighs, so that the knees move toward the floor. • Fold forward from your hips so 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, and sit up tall. • Exhale, and twist to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip, left fingertips behind you, hug the right knee into the chest, and twist to the left), and hold for 5 breaths.</p> |
|--|--|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |

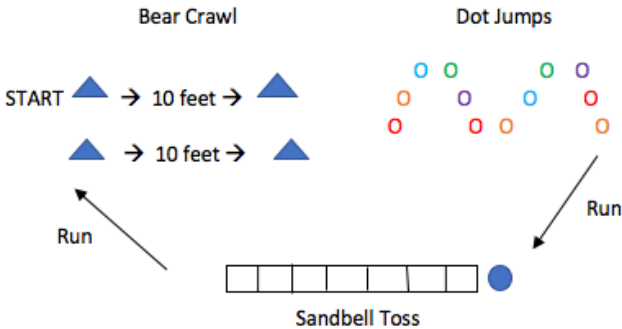
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 1 Battle Rope | <ul style="list-style-type: none"> • 4 Short Cones • 1 Sandbell • 12 Dots/Poly Spots • 1 Agility Ladder | <ul style="list-style-type: none"> • 18 Dodgeballs • 2 Pinnies • Short Cones |

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

| | |
|--|--|
| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees |
|--|--|

Fitness Stations & Game (20 min.)

| | |
|---------------------------|--|
| Stations (10 min.) | Station 1: Plank Rotations Station 2: Speed Hand Walks Station 3: Heel Drops Station 4: Kick Outs <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 30 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.) | Tug O' War <ul style="list-style-type: none"> • Players divide into teams and line up on opposite ends of the battle rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team to their side of the center. |

| Obstacle Course (15 min.) | |
|----------------------------------|--|
| Setup and Instructions | <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 2 lines behind the start cone. Before leaving the start cone, the first player from each line will do a back-to-back wall sit and hold for 15 seconds. Players should then bear crawl from the start cone to the end cone. Next, the players jump with two feet in a zig-zag pattern, landing on each dot. Players should then run to opposite sides of the ladder. One player should pick up the sandbell and gently toss it to their partner. Players should toss it back and forth to each other while side-shuffling down and back up the ladder. One player should put the sandbell back at the start of the ladder before sprinting with partner back to the start of the course. Players should go through course at least twice.</p> |
| Diagram |  |

| PE Game: Dr. Dodgeball (15 min.) | |
|---|--|
| Setup | Set up a field of play and create a midline with cones to divide the field of play. |
| Game Instructions | <p>Goal of the game: Throw ball at targets while dodging balls.</p> <ul style="list-style-type: none"> • Divide players into 2 teams. Each team gets a Doctor, who wears the pinnie for his/her team. • Have teams stand on opposite sides of the field and give each of the teams half of the dodgeballs. • When the coach says “go,” players grab the ball and throw it at the other team while staying on their half of the field. • Players who are hit from the shoulders down sit down where they were hit and wait for the Doctor to save them. • The Doctor can tag players who are sitting down to get them back in the game. Doctors are not targets and cannot get out. • If a player catches a thrown ball, the thrower is out and sits down to wait for their team’s Doctor. • The game continues until all players are out or time has ended. • Variations: Instead of being hit from the shoulders down, it can be changed to waist down. Doctors can get out and maybe have 3 lives. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • "Please get into your 'mindful bodies'—still and quiet, sitting upright, eyes closed." • "Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone." • 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. • "Please raise your hand when you can no longer hear the sound." • 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 ..." • Ring the bell to end. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, with tops of the feet on the floor. • Spread your hands on the floor under your shoulders. • Hug the elbows back into your body. • Press the tops of the feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling</p> |

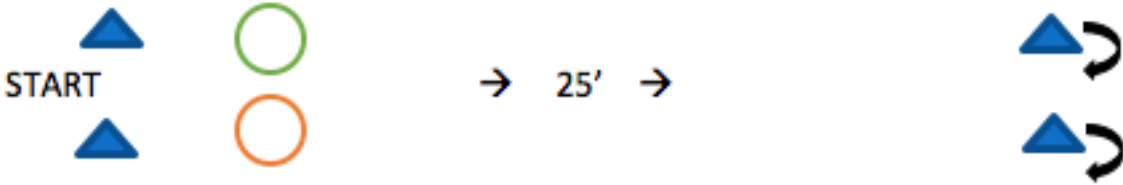
| | |
|--|--|
| | <p>over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
|--|--|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. 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 bring up 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 with 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. |

| 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 | <ul style="list-style-type: none"> • 4 Short Cones • 2 Hula Hoops | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Soccer Balls • Pinnies • Small Cones • Dots/Poly Spots |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
|---|--|
| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees |

| Fitness Stations & Game (20 min.) | |
|--|---|
| Stations (10 min.) | Station 1: Plank Rotations Station 2: Speed Hand Walks Station 3: Heel Drops Station 4: Kick Outs <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. Each station 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 30 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.) | Crocodile Tag <ul style="list-style-type: none"> • Designate a field of play based on the number of players. • Select 2 players to be “it” and have the remaining players scatter throughout the field of play. • When the coach blows the whistle, players who are it begin trying to tag the other players. • Players are safe from being tagged when in the “crocodile position” (plank position). • Players can remain in the crocodile position for 3 seconds at a time before having to get up and run again. • If a player is tagged twice, he/she is it. |

| 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 and have them line 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: 2+ Ball Soccer (15 min.) | |
|--|---|
| Setup | Set up a soccer field using small cones. Use dots/poly spots to create a midline and use tall cones to create a goal on each half. |
| Game Instructions | <p>Goal of the game: Practice kicking skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams and give one team pinnies to wear. • This game has soccer rules but uses 2 balls. It's a continuous game. If a team scores with one ball, then that ball is given to the other team. • Variations: If needed, add up to 6 more balls and they can be thrown in to get players moving. The coach can choose if teams get to play with goalies. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 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 mind as they form, detach, and pop or float away.</p> |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Downward-Facing Dog</p> <ul style="list-style-type: none"> The pose has the head down, with the weight of the body on the palms and the feet. The arms are stretched straight forward, shoulder-width apart. The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold the right ankle with the left hand, take 3 breaths, then switch to holding the left ankle with the right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> From all fours, bring your right knee forward towards your right wrist. Depending on your body it may be just behind your wrist or to the outer or the 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, so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose with the left knee brought to the left wrist and 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 the feet up to the hands and unroll the spine upward until standing.</p> |

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. 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. |

2. Arm Stretches Behind Body

- Put hands behind body and interlock fingers. Once interlocked, see how far you can bring up arms. Hold for 30 seconds.

3. Side Reach

- Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat with opposite side.

4. Toe Touch Twists

- 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.

| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 9 Hula Hoops • 9 Bean Bags of Color A • 9 Bean Bags of Color B | <ul style="list-style-type: none"> • 1 Short Cone • 3 Hula Hoops • 3 Bean Bags • 1 Agility Ladder • 1 Soccer Ball • 6 Tall Cones | <ul style="list-style-type: none"> • 1 Dodgeball |

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

Warm-Up 1: Skip Forward and Backwards

Warm-Up 2: Side Shuffle

Warm-Up 3: Butt Kickers

Warm-Up 4: Sprint

Fitness Stations & Game (20 min.)

**Stations
(10 min.)**

Station 1: Step Ups

Station 2: In, In, Out, Out

Station 3: Mountain Climbers

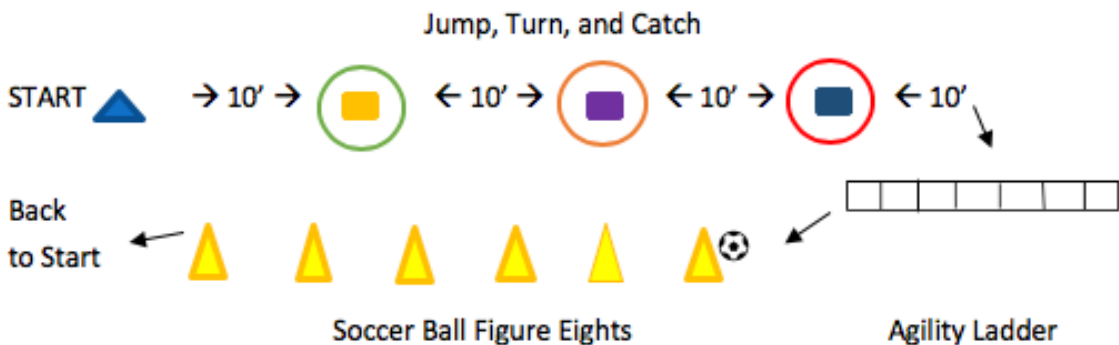
Station 4: Squats

- 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 30 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.)**

Tic Tac Toe

- Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams.
- Divide the beanbags evenly between the teams and be sure each team has a specific color. For example, Team A's bags might be green while team B's bean bags are red.
- Standing 10 feet away, the first players of each team pick up their color bean bags and toss them into one of the hula hoops in the grid.
- Each player after takes a turn tossing a bean bag until one team is able to get 3 bean bags in a row (vertical, horizontal, or diagonal).
- Variations: Create an obstacle course to run through before tossing bean bag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc.

| Obstacle Course (15 min.) | |
|----------------------------------|--|
| Setup and Instructions | <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>One person at a time starts the course. Players run to the first hula hoop, pick up a bean bag, and throw it up high in the air. Immediately after throwing the beanbag in the air, player jumps and spins 360 degrees and then tries to catch the bean bag before it hits the ground. They get three tries at each hula hoop to catch the beanbag. Players should run between hula hoops. From the last hula hoop, players run to the agility ladder, where a coach tells them how to go through the ladder (e.g., hop on one foot, hop scotch, two feet in and two feet out, etc.). Next, players kick a soccer ball in figure 8s around the tall cones to the end of the course.</p> |
| Diagram |  <p style="text-align: center;">Jump, Turn, and Catch</p> <p>START → 10' → (Yellow Square) ← 10' → (Purple Square) ← 10' → (Blue Square) ← 10' → Agility Ladder</p> <p>Back to Start ← Soccer Ball Figure Eights</p> |

| PE Game: Group Juggling (15 min.) | |
|--|---|
| Setup | Have players stand in a circle. |
| Game Instructions | <p>Goal of the game: Throw the ball so a classmate can catch it (underhand throws work best).</p> <ul style="list-style-type: none"> Have one player start with the ball. They must throw the ball to a player across the circle. That player must catch it and then throw to a different player. This pattern continues until all players have thrown and caught the ball. Once a player throws the ball, they do not get to throw the ball until the next round. For example: Player A throws to Player B, Player B throws to Player C, then the last player throws the ball back to Player A. Players will repeat this pattern, getting faster and faster. Variations: Players can be timed to see how fast they can throw the ball, add in more balls, etc. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <ol style="list-style-type: none"> 1. Wide-Legged Forward Fold <ul style="list-style-type: none"> • Interlace the hands behind the back. • Step your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> 2. Malasan (Yogi's Squat) <ul style="list-style-type: none"> • 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.) • Separate your thighs slightly wider than your torso. |

| | |
|--|---|
| | <ul style="list-style-type: none"> • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and resist the knees into the elbows. <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend the left knee and cross it outside of the right foot. • Use your hand to put slight pressure on the left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend the arms to a T, perpendicular to the torso. • Turn the head so the eyes can see to the left. <p>Take 5 breaths and 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> |
|--|---|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |

| 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 Agility Ladders • 1 Parachute | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands | <ul style="list-style-type: none"> • 6 Hula Hoops • 6 Cones • Bean Bags (1 per player) |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
|---|--|
| | Warm-Up 1: Skip Forward and Backwards Warm-Up 2: Side Shuffle Warm-Up 3: Butt Kickers Warm-Up 4: Sprint |

| Fitness Stations & Game (20 min.) | |
|--|---|
| Stations (10 min.) | Station 1: Step Ups Station 2: In, In, Out, Out Station 3: Mountain Climbers Station 4: Squats <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 30 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.) | Parachute <ul style="list-style-type: none"> • Have everyone hold a handle on the parachute. If needed, divide the players into 2 groups and use 2 parachutes. • Players should work together to get the parachute as high as possible into the air without letting go. When the parachute is at its highest, choose from the following: <ul style="list-style-type: none"> ○ One or two players run around the group and return to their spot(s) before the parachute hits the ground. You can call out the players' names or assign each player a number and call out the numbers. ○ Two players whose names are called change places by running under the parachute. ○ One player runs and tags another player under the parachute, then runs back to his/her spot before the parachute falls. The tagged player waits for the parachute to go up then does the same thing. |

| 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 and have each team line up behind a start cone. • Place an ankle band at each team's start cone and put an end cone 20 feet away from each start cone. • The first player from each team puts the ankle band around both ankles and runs to the end cone. • 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. |

| PE Game: Bean Bag Golf/Bean Bag Bocce (15 min.) | |
|--|---|
| Setup | Create a field of play by spreading out the hula hoops. Place a cone 10 feet away from each hula hoop. Hoops should be set up at different distances and around objects like trees, benches, and play structures. |
| Game Instructions | <p>Goal of the game: To throw the bean bag with accuracy at the "hole" (the hula hoop).</p> <ul style="list-style-type: none"> • This is similar to golf, in that players are trying to throw the bean bag at the target, which is the hole. • Give each player a bean bag and have them line up behind each of the cones. • One player at a time throws their bean bag toward the hole. Just like golf, they continue to throw it until it lands in the hole. • After they are done with one hole, they move on to the next. • The players keep track of the throws and the lowest score wins. • Variations: If limited on space put the hula hoops and cones closer together, about 5–10 feet away from each other. Place a dot/poly spot inside each hoop. Now, players must start at the cone and have to try to get their bean bag to land on the spot. If it lands on the spot it's worth 3 points, and inside the hula hoop is worth 1 point. Players keep track of their score, and the highest score wins. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 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, 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 heartbeat 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 or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Downward-Facing Dog</p> <ul style="list-style-type: none"> The pose has the head down, with the weight of the body on the palms and the feet. The arms are stretched straight forward, shoulder-width apart. The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold the right ankle with the left hand, take 3 breaths, then switch to holding the left ankle with the right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> From all fours, bring your right knee forward towards your right wrist. Depending on your body it may be just behind your wrist or to the outer or the 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 so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose with the left knee brought to the left wrist and 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 the feet up to the hands and unroll the spine upward until standing.</p> |
|--|--|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |

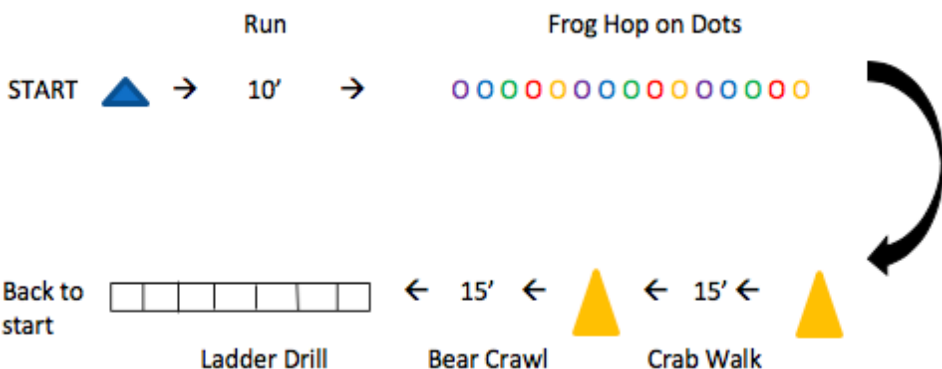
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • Dodgeballs (1 per pair) | <ul style="list-style-type: none"> • 1 Short Cone • 15 Dots/Poly Spots • 1 Agility Ladder • 2 Tall Cones | <ul style="list-style-type: none"> • 36 Bean Bags • 24 Dots/Poly Spots • Dodgeballs (1 per pair) • Short Cones (1 per pair) |

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

Warm-Up 1: Walking Arm Circles
Warm-Up 2: High Kicks
Warm-Up 3: Knee Hugs
Warm-Up 4: Bear Crawls

Fitness Stations & Game (20 min.)

| | |
|---------------------------|---|
| Stations (10 min.) | <p> Station 1: Incline Push Ups Station 2: Side Planks Station 3: Bicycles Station 4: Inch Worms </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 30 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>Head, Shoulders, Knees, Toes, Ball!</p> <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • Coach will say, “head,” “shoulders,” “knees,” or “toes” in any order. • Players should touch whichever part of their body the Coach calls out. • When the coach yells, “Ball!” players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p> |

| Obstacle Course (15 min.) | |
|----------------------------------|--|
| Setup and Instructions | <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>One player at a time starts the course. From the start cone, players run to the first dot where they get into frog position. Players perform 1 frog hop to the next dot and repeat until the end of the dots. From the dots, players run to the first tall cone, crab walk to the second tall cone, and bear crawl to the ladder. At the ladder, they perform a ladder drill. Run back to the start to repeat. Players should complete the course at least twice.</p> |
| Diagram |  |

| PE Game: Spot Throwing (15 min.) | |
|---|---|
| Setup | Create a field of play and set up cones in a line—1 cone for every 2 players. On one half of the cone line spread out all dots/poly spots and bean bags. |
| Game Instructions | <p>Goal of the game: To throw accurately to partner.</p> <ul style="list-style-type: none"> Put players in groups of 2. Give each group a foam ball. One player in the group stands at the cone holding the ball, and the other player in the group stands with their foot touching one dot/poly spot or bean bag. When the coach says “Go,” the player with the ball throws it to their partner. If their partner catches the ball with their foot still touching the dot/poly spot or bean bag, they pick up the dot/poly spot or bean bag and bring it back to their cone. If they miss the ball, they go back to their cone with nothing. Then the partners switch, and one throws the ball while the other one catches. This continues until all the dots/poly spots and bean bags are gone. Teams count up how many dots/poly spots and bean bags they have. The group with the largest amount wins. Variations: Bean bags or poly spots can be worth different points, or different colors can be worth different points. Once the teams finish and they are counting up their pile, tell them what each item is worth. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire sequence of breath.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through the mouth and then close the mouth. • Breath in through the nose for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouth (with whooshing sound) for a count of 8. • Close the mouth and repeat all steps x 4. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, tops of the feet on the floor. • Spread your hands on the floor under your shoulders. • Hug the elbows back into your body. • Press the tops of the feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> |

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| | <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
|--|---|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. 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 bring up 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 with 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. |

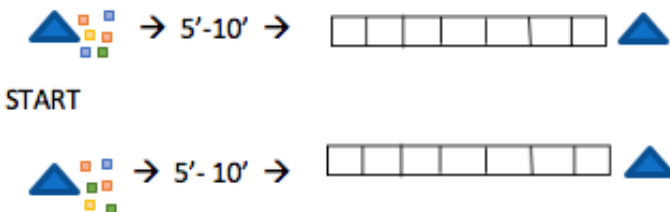
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Relay Race</u> | <u>PE Game</u> |
|-----------------------------|--|--|--|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 36 Bean Bags | <ul style="list-style-type: none"> • 4 Short Cones • 30 Bean Bags • 2 Agility Ladders | <ul style="list-style-type: none"> • 18 Dodgeballs • Short Cones |

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: Bear Crawls</p> |
|--|--|

Fitness Stations & Game (20 min.)

| | |
|---------------------------|---|
| Stations (10 min.) | <p>Station 1: Incline Push Ups</p> <p>Station 2: Side Planks</p> <p>Station 3: Bicycles</p> <p>Station 4: Inch Worms</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 30 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>Bean Bag Tag</p> <ul style="list-style-type: none"> • Create a field of play by having all players stand on one side. Place a cone on the opposite end to designate a boundary line. • Choose one player to be “it” and have that player stand in the middle of the playing field with 36 bean bags. • When the coach blows the whistle, all other players try to run from one end of the field of play to the other without being hit by a bean bag thrown by the “it” player. • Players who get hit with a beanbag must perform a 5-second plank and join the “it” player in the middle to help tag more players. • The last player to get hit with a bean bag is the first “it” for the next round. <p>*Remind players that bean bags 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 players into even lines. Each team should have at least 15 beanbags in front of the short cone. When the coach blows the whistle, the first player in each line picks up a bean bag and tries to toss it into the first box of the ladder. If that player's bean bag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder. If players miss the appropriate box, they run to collect the bean bag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line. This repeats until all boxes of the ladder have a bean bag. If players have not made it to the cheering team and all the boxes have been filled, repeat steps starting with box 1. In this case, there may be more than one bean bag in each box. |
| Diagram |  |

| PE Game: Dodgeball (15 min.) | |
|-------------------------------------|--|
| Setup | Set up a field of play and create a midline with cones going across to divide the field of play. |
| Game Instructions | <p>Goal of the game: To throw balls at targets while dodging balls.</p> <ul style="list-style-type: none"> Divide players into 2 teams. Have teams stand on opposite sides of the field and give each of the teams half of the dodgeballs. When the Coach says, "Go!" players grab the ball and throw it at the other team while staying on their half of the field. Players who are hit from the shoulders down go to the side. They can be out for the rest of the game or have to do jumping jacks, push-ups, or planks to get back in the game. If a player catches a thrown ball, the thrower is out. Play continues until one team's players are all out or until time has ended. Variations: Instead of being hit from the shoulders down it can be changed to waist down. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.</p> <ul style="list-style-type: none"> • Have your kids lie down on their back on a comfortable surface and close their eyes. • Then, tell them to squeeze every single 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 a 20–30 seconds. • Encourage them to think about how their body is feeling throughout the activity. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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 breathing.</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 extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor, draw the knees toward the ears, and 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. |

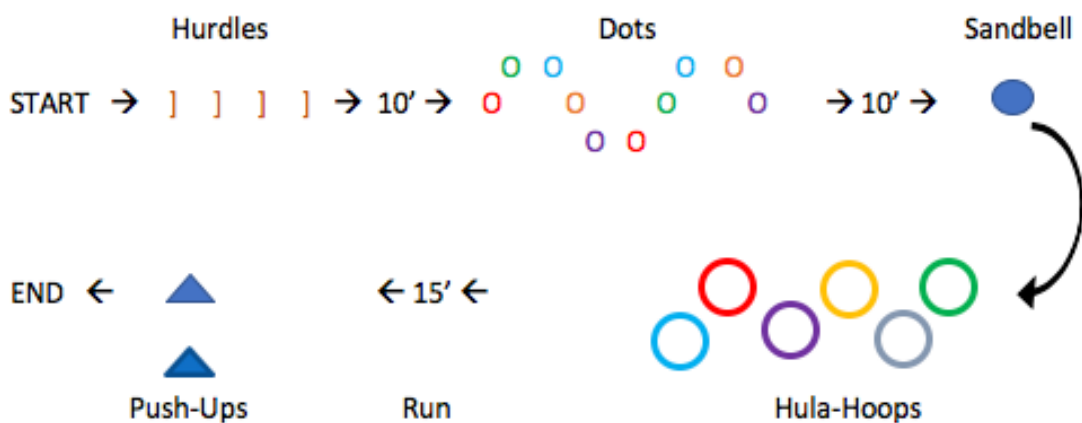
| | |
|--|---|
| | <ul style="list-style-type: none"> • Wrap your hands around your feet or ankles. • Gently press your forearms or elbows into your thighs so that the knees move toward the floor. • Fold forward from your hips so your chest moves toward the floor. <p>Hold for 6 breaths.</p> <p>3. Seated 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, and sit up tall. • Exhale, and twist to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip, left fingertips behind you, hug the right knee into the chest, and twist to the left), and hold for 5 breaths.</p> |
|--|---|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. 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 bring up 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 with 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. |

| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|--|--|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • 1 Battle Rope | <ul style="list-style-type: none"> • 4 Hurdles • 10 Dots/Poly Spots • 1 Sandbell • 6 Hula Hoops • 2 Short Cones | <ul style="list-style-type: none"> • 1 Playground Ball • 4 Dots/Poly Spots |

| 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 |

| Fitness Stations & Game (20 min.) | |
|--|---|
| Stations (10 min.) | Station 1: Squat Hold w/Kettle Bell Station 2: Back Lunges Station 3: Single-Leg Toe Touch Station 4: High Knee Runs <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 30 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.) | Tug O' War <ul style="list-style-type: none"> • Players divide into teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play continues until one team has successfully pulled all the players from the other team to their side of the center. |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <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>One person at a time starts the course. Jump over each hurdle with two feet. Jump on the dots, landing on one foot for each dot. Raise a sandbell up over head and place it back down. Repeat 5 times. Jump from one hula hoop to the next with two feet. Run to the end and finish with 5 push-ups.</p> |
| Diagram |  |

| PE Game: Kickball (15 min.) | |
|------------------------------------|---|
| Setup | Set up a kickball field with 4 bases and 1 pitcher's mound. |
| Game Instructions | <p>Goal of the game: To kick the ball and make it around the bases without getting out and also fielding the ball to get the other team out.</p> <ul style="list-style-type: none"> • Pitcher (can be the coach, a player from the fielding team, or a player from their own team) rolls the ball to the kicker. • The kicker must kick the ball and try to make it to a base without getting out. To get a player out, the fielding team must tag a runner with the ball or step on the base while holding the ball before the runner gets to the base. • When a team has 3 outs, they switch. Fielding team becomes the kicking team. • Variations: For younger players, the game can be played without a pitcher. Place the ball on home plate and then the kicker kicks it from there. Bases could be moved closer or farther apart. Could play with "everyone kicks" rule where everyone kicks each time and doesn't switch at 3 outs. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • “Please get into your ‘mindful bodies’—still and quiet, sitting upright, eyes closed.” • “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.” • 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. • “Please raise your hand when you can no longer hear the sound.” • 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 ...” <p style="text-align: center;">Ring the bell to end.</p> |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace the hands behind the back. • Step your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> • 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.) • Separate your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and resist the knees into the elbows. |

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| | <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend the left knee and cross it outside of the right foot. • Use your hand to put slight pressure on the left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend the arms to a T, perpendicular to the torso. • Turn the head so the eyes can see to the left. <p>Take 5 breaths and 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> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |

| 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 • 4 Kettle Bells • 2 Sandbells | <ul style="list-style-type: none"> • Dots/Poly Spots | <ul style="list-style-type: none"> • 4 Playground Balls • 8 Tall Cones |

| 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 |

| Fitness Stations & Game (20 min.) | |
|--|---|
| Stations (10 min.) | Station 1: Squat Hold w/Kettle Bell Station 2: Back Lunges Station 3: Single-Leg Toe Touch Station 4: High Knee Runs <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 30 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"> • Use the rules for musical chairs, but play with dots. • Spread out dots, using one less dot than the total number of players. For example, if there are 20 players, spread out 19 dots. • Before the music starts, coach should call out how players will move around (run, skip, hop, jump, etc.) When the music starts, players move around the dots. When the music stops, players find a dot and do a squat hold in place until the music starts again. The player without a dot is out. • The coach should remove a dot after each round until there is one player left. • Repeat game for time. |

| PE Game: Dribbling Relay (15 min.) | |
|---|--|
| Setup | This is a relay race. It is best to set up on a basketball court where 4 cones are placed on one baseline and 4 cones placed on the other. |
| Game Instructions | <p>Goal of the game: To work on basketball dribbling skills.</p> <ul style="list-style-type: none"> • Divide the class into 4 teams. Have teams each stand behind a cone and give each team a ball. • On “Go”, the first player in the team dribbles the ball using their hand down to the far cone and back. • Then they pass it to the next player. • This continues until all players have dribbled. The first team to finish wins that round. • Variations: Players could dribble with opposite hand, have to pass the ball to the next player on their team. Cones could also be set up between the end cones for teams to weave around. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm’s length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 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 mind as they form, detach, and pop or float away.</p> |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</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 extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor and draw the knees toward the ears and 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 the knees move toward the floor. • Fold forward from your hips so 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, and sit up tall. • Exhale, and twist to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip,</p> |

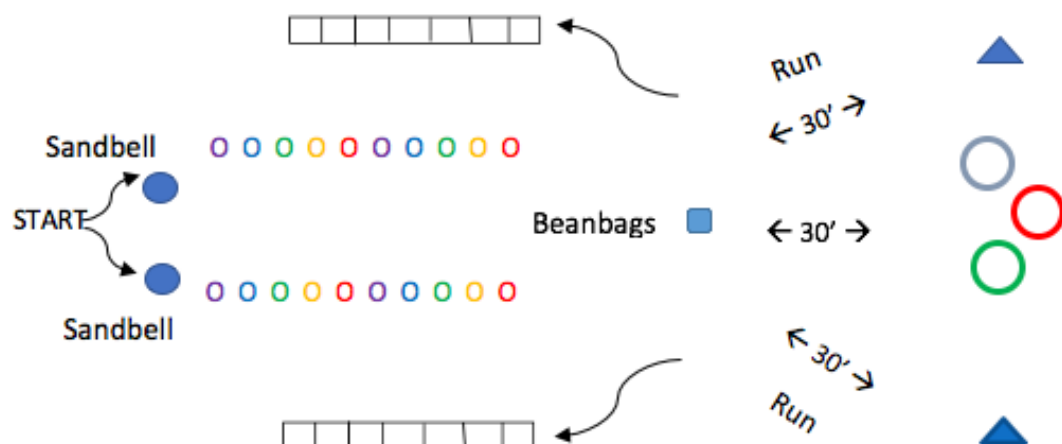
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| | left fingertips behind you, hug the right knee into the chest, and twist to the left), and hold for 5 breaths. |
|--|--|

| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length from one another. 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 quad. Hold for 30 seconds. Switch sides and repeat. 2. Toe Touch <ul style="list-style-type: none"> • With straight legs and 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. Repeat with opposite side. 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. |

| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 9 Hula Hoops • 9 Bean Bags of Color A • 9 Bean Bags of Color B | <ul style="list-style-type: none"> • 2 Sandbells • 20 Dots/Poly Spots • 36 Bean Bags • 3 Hula Hoops • 2 Short Cones • 2 Agility Ladders | <ul style="list-style-type: none"> • 2 Hula Hoops • 2 Sandbells • Short Cones • Dots/Poly Spots • Waist Flags (1 per player) |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees |

| Fitness Stations & Game (20 min.) | |
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| Stations (10 min.) | Station 1: Planks, In, In, Out, Out Station 2: Crab Toe Touch Station 3: Bicep Curls Station 4: Rows <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 30 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.) | Tic Tac Toe <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams. • Divide the bean bags evenly between the teams and be sure each team has a specific color. For example, Team A's bags might be green while Team B's bean bags are red. • Standing 10 feet away, the first players of each team pick up their color bean bags and toss them into one of the hula hoops in the grid. • Each player after takes a turn tossing a bean bag until one team is able to get 3 bean bags in a row (vertical, horizontal, or diagonal). • Variations: Create an obstacle course to run through before tossing bean bag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc. |

| Obstacle Course (15 min.) | |
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| Setup and Instructions | <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>Divide the players into 2 lines. Four players at a time start this course, 2 from each line. To start, players pick up a sandbell and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one bean bag into a hula hoop that is 30 feet away. Once they get a bean bag into the hula hoop, they run down and around the cone that is 30 feet away. Last, players hop through the agility ladder sideways and then go back to the start. Each player repeats this obstacle course several times.</p> |
| Diagram |  |

| PE Game: Capture the Flag (15 Min.) | |
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| 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 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: 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 either side 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. • If a player's flag is pulled, they go to the sideline and perform jumping jacks, push-ups, or |

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| | <p>planks to get back in the game.</p> <ul style="list-style-type: none"> When a player is able to run past the other team and makes it to the hula hoop, they are safe and their flags cannot be pulled. If they are able to 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 are stuck there until one of their teammates comes and saves them and walks them back to their team's side. |
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| Mindfulness (45 sec.) | |
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| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
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| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <ol style="list-style-type: none"> Cobra Pose <ul style="list-style-type: none"> Lie on your belly. Stretch your legs back, with tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body. Press the tops of the feet and thighs into the floor. Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> Spinal Twist |

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| | <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
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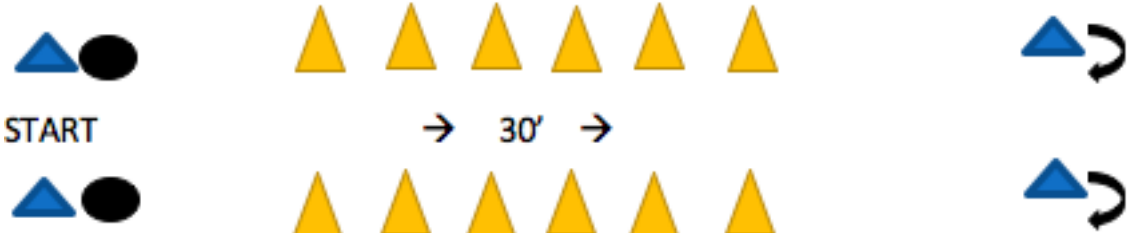
| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Arm stretches across body</p> <ul style="list-style-type: none"> • Bring one arm across your chest and pull 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 bring up 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 with opposite side. |

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| | <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. |
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| 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 Agility Ladders • 1 Sandbell | <ul style="list-style-type: none"> • 4 Short Cones • 12 Tall Cones • 2 Sandbells | <ul style="list-style-type: none"> • 3–5 Dodgeballs • Short Cones |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees |

| Fitness Stations & Game (20 min.) | |
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| Stations (10 min.) | Station 1: Planks, In, In, Out, Out Station 2: Crab Toe Touch Station 3: Bicep Curls Station 4: Rows <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 30 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.) | Sandbell Tag <ul style="list-style-type: none"> • This is a simple game of tag in which the players who are “it” must touch the other players with the sandbell. • When a player is tagged with the sandbell, he/she must hold a plank for 20 seconds before taking the sandbell and switching places with the person who tagged them. The player who was tagged is now “it.” <p>* Remind players that sandbells should NOT be tossed at other players.</p> |

| 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. Divide players into 2 equal teams and place at start cone. |
| Relay Instructions | <ul style="list-style-type: none"> • Divide each team in half and send half the players to the opposite end cone. • The first player from each team at the start cone picks up a sandbell. When the coach blows the whistle, the player runs in and out of the cones in a figure-8 position towards the end cone. • The player then passes the sandbell to the first player at the end cone who then runs in and out of the cones in a figure-8 position towards the start cone. • Each player should run through the cones twice, putting them back in their original line. |
| Diagram |  |

| PE Game: Fainting Goat Tag (15 min.) | |
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| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. |
| Game Instructions | <p>Goal of the game: To avoid being tagged.</p> <ul style="list-style-type: none"> • Pick 3–5 taggers and give them a foam ball to tag with. • Everyone else is a goat. • The taggers are trying to tag the goats. A goat can faint to avoid being tagged. • When fainting they have to fall over and pretend they fainted. Fainted goats can only be safe for 5 seconds. Then they have to start running again. • If a goat gets tagged, the goat becomes the tagger and the person who tagged the goat becomes a goat. • Variations: This game is fun to play on grass so players can get into fainting. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 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, 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 heartbeat 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 or Cooldown Stretches below to finish class, or if time permits you can do both. | |
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| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Downward-Facing Dog</p> <ul style="list-style-type: none"> The pose has the head down, with the weight of the body on the palms and the feet. The arms are stretched straight forward, shoulder-width apart. The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold the right ankle with the left hand, take 3 breaths, then switch to holding the left ankle with the right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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 so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose with the left knee brought to the left wrist and 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. |

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| | <ul style="list-style-type: none"> 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 the feet up to the hands and unroll the spine upward until standing.</p> |
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| Cooldown Stretches (5 min.) | |
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| Setup | Group students at arm's length from one another. 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 bring up 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 with opposite side. 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. |

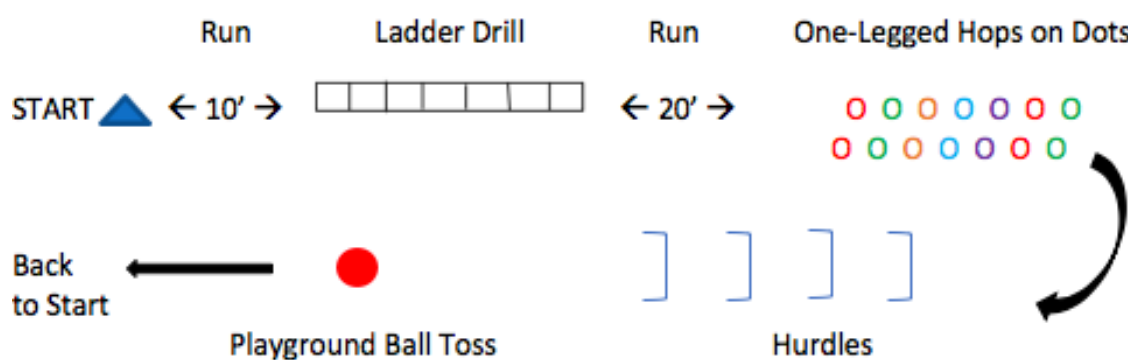
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|--|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • Dodgeballs (1 per pair) | <ul style="list-style-type: none"> • 1 Short Cone • 1 Agility Ladder • 14 Dots/Poly Spots • 4 Hurdles • 1 Playground Ball | <ul style="list-style-type: none"> • 2–3 Dodgeballs • Dots/Poly Spots |

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: Skip Forward and Backwards</p> <p>Warm-Up 2: Side Shuffle</p> <p>Warm-Up 3: Butt Kickers</p> <p>Warm-Up 4: Sprint</p> |
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Fitness Stations & Game (20 min.)

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| Stations (10 min.) | <p>Station 1: Squat Jumps</p> <p>Station 2: Speed Side Shuffle</p> <p>Station 3: Tic Tocs</p> <p>Station 4: Back Lunges w/Sandbells</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 30 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>Head, Shoulders, Knees, Toes, Ball!</p> <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • Coach will say, “head,” “shoulders,” “knees,” or “toes” in any order. • Players should touch whichever part of their body the coach calls out. • When the coach yells, “Ball!” players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p> |

| Obstacle Course (15 min.) | |
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| Setup and Instructions | <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 completes this course. Players start by running up to the ladder and jumping in and out of the ladder for the full length of the ladder. Next, players hop from dot to dot on one foot following the zig-zag pattern—staying on the same foot. Then, players jump sideways over the hurdles. After the last hurdle, the coach tosses a playground ball to the player, and the player must jump up and try to catch the ball while in midair and toss it back to the coach before landing. Players return to the start line to repeat the course. Players should complete course at least twice.</p> |
| Diagram |  <p>The diagram illustrates the layout of the obstacle course. It begins with a 'START' cone. A 'Run' section of 10 feet leads to a 'Ladder Drill' represented by a ladder graphic. Another 'Run' section of 20 feet leads to 'One-Legged Hops on Dots', shown as a zig-zag pattern of colored dots. This is followed by 'Hurdles', represented by four blue hurdle icons. Then is the 'Playground Ball Toss', marked by a red dot. An arrow labeled 'Back to Start' points from the ball toss area back to the start cone.</p> |

| PE Game: Pacman Tag (15 min.) | |
|--------------------------------------|---|
| Setup | If no basketball court with lines on the ground is available, use dots/poly spots to make a rectangle with some 2–3 lines connecting the sides of the rectangle. |
| Game Instructions | <p>Goal of the game: Practice locomotor skills while running on lines.</p> <ul style="list-style-type: none"> Choose 2–3 players to start off as “it” or the “Pac” people. These players will carry the dodgeballs. During the game they cannot throw the balls. All players, including the players who are “it,” have to run and move on the lines. Players can travel in any direction but are not allowed to jump lines. To get to another line, players must run until they come to an intersection with another line. Taggers tag others with the ball. When a player gets tagged, they sit down on the line and become a barrier. Only “Pac” people can run past a sitting player. Game continues until all players have been tagged. Variations: When players are tagged, they can become a temporary road block. The tagged player performs an exercise for a count of 10 (e.g., 10 sit ups, 10 push-ups, 10 squats, etc.). |

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| | When tagged, no one can pass the player doing the exercise except the “Pac” people. |
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| Mindfulness (45 sec.) | |
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| Setup | Group students at arm’s length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire sequence of breathing.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through the mouth and then close the mouth. • Breath in through the nose for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouth (with whooshing sound) for a count of 8. • Close the mouth and repeat all steps x 4. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm’s length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace the hands behind the back. • Step your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi’s Squat)</p> <ul style="list-style-type: none"> • 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.) • Separate your thighs slightly wider than your torso. |

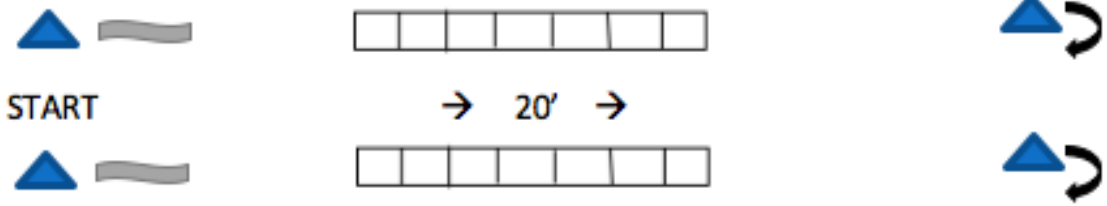
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| | <ul style="list-style-type: none"> • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and resist the knees into the elbows. <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend the left knee and cross it outside of the right foot. • Use your hand to put slight pressure on the left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend the arms to a T, perpendicular to the torso. • Turn the head so the eyes can see to the left. <p>Take 5 breaths and 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> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |

| 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 • 4 Sandbells | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands | <ul style="list-style-type: none"> • Short Cones |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
|---|--|
| | Warm-Up 1: Skip Forward and Backwards Warm-Up 2: Side Shuffle Warm-Up 3: Butt Kickers Warm-Up 4: Sprint |

| Fitness Stations & Game (20 min.) | |
|--|--|
| Stations (10 min.) | Station 1: Squat Jumps Station 2: Speed Side Shuffle Station 3: Tic Tocs Station 4: Back Lunges w/Sandbells <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 30 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.) | Over or Under <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, and the player in the 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 time 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.) | |
|-----------------------------|---|
| Setup | Set up obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up. |
| Relay Instructions | <ul style="list-style-type: none"> • Players divide into two teams and stand behind a start cone. • When the coach blows the whistle, the first two players from each team put the ankle band around their ankles. One player will have the band around his/her left ankle and the other will have the band around his/her right ankle. • Once the ankle band is on, the players work together to walk/run through the ladder, stepping/hopping the banded feet in each square, towards the end cone 25 feet away. • Players repeat this movement back to the start cone and pass the ankle band to the next two players in line. • Repeat until all players have gone at least twice. |
| Diagram |  |

| PE Game: Chaos Tag (15 min.) | |
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| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. |
| Game Instructions | <p>Goal of the game: Work on chasing and fleeing skills.</p> <ul style="list-style-type: none"> • In this game everyone is “it.” • If players get tagged, they must take a seat on the ground. They may not get up until the players who tagged them gets tagged and sits. • For example, if player A tags player B, player B sits on the ground watches to see when player A gets tagged. Once player A gets tagged by player C, player A sits down and player B gets up. • Variations: If the game has stalled, the coach may yell “Break.” That means everyone is free and back up again, and the game resets. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Complete the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.</p> <ul style="list-style-type: none"> • Have your kids lie down on their back on a comfortable surface and close their eyes. • Then, tell them to squeeze every single 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. |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Downward-Facing Dog</p> <ul style="list-style-type: none"> • The pose has the head down, with the weight of the body on the palms and the feet. • The arms are stretched straight forward, shoulder-width apart. • The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold the right ankle with the left hand, take 3 breaths, then switch to holding the left ankle with the right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> • From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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 so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose with the left knee brought to the left wrist and take 5 breaths.</p> |

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| | <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 the feet up to the hands and unroll the spine upward until standing.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 with 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. |

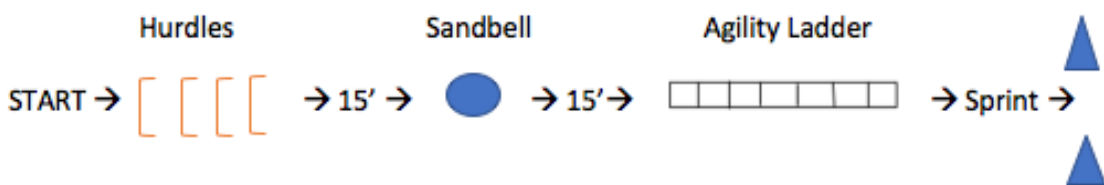
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 1 Battle Rope | <ul style="list-style-type: none"> • 4 Hurdles • 1 Sandbell • 1 Agility Ladder • 2 Tall Cones | <ul style="list-style-type: none"> • Waist Flags (1 Per Player) • Short Cones |

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

Warm-Up 1: Walking Arm Circles
Warm-Up 2: High Kicks
Warm-Up 3: Knee Hugs
Warm-Up 4: High Knees

Fitness Stations & Game (20 min.)

| | |
|---------------------------|--|
| Stations (10 min.) | <p> Station 1: Incline Push Ups Station 2: Side Plank Station 3: Bicycles Station 4: Inch Worms </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 30 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>Tug O' War</p> <ul style="list-style-type: none"> • Players divide into teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team to their side of the center. |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <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>One person at a time starts the course. To begin, the player jumps over each hurdle landing both feet on the ground before jumping again. Next, the player picks up the sandbell and throws it down to the ground. This repeats 5 times. The player then performs fast feet through the ladder (example: 1 foot in, 1 foot out or both feet in, both feet out). After the ladder, the player should sprint through the end cones and then jog back to the start line. Each player should complete the course at least twice.</p> |
| Diagram |  |

| PE Game: Gotcha Flag Tag (15 min.) | |
|---|--|
| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. |
| Game Instructions | <p>Goal of the game: To run around and grab people's flag belts without getting one's own pulled.</p> <ul style="list-style-type: none"> • Everyone puts a waist flag on. • In this tag game everyone is "it." Players run around and try to pull each other's waist flag. • When a player pulls a waist flag they say "gotcha" and give the flag back to the player. Then the player puts the flag belt back on and keeps playing. • Variations: Teams could be made to make the game more interesting. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • "Please get into your 'mindful bodies'—still and quiet, sitting upright, eyes closed." • "Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone." • 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. • "Please raise your hand when you can no longer hear the sound." • 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 ..." <p style="text-align: center;">Ring the bell to end.</p> |

| Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length from one another. 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 breathing.</p> |
| Yoga Stretches | <p>1. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, with tops of the feet on the floor. • Spread your hands on the floor under your shoulders. • Hug the elbows back into your body. • Press the tops of the feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling</p> |

| | |
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| | <p>over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length from one another. 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 bring up 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 with 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. |

| 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 Sandbells | <ul style="list-style-type: none"> • Short Cones • Waist Flags (1 Per Player) |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
|---|--|
| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees |

| Fitness Stations & Game (20 min.) | |
|--|---|
| Stations (10 min.) | Station 1: Incline Push-ups Station 2: Side Plank Station 3: Bicycles Station 4: Inchworms <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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 30 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.) | Hot Potato with Sandbell <ul style="list-style-type: none"> • Players sit or stand in a circle; 2 players start with a sandbells. • When the coach blows the whistle, players pass the sandbells around the circle. They can pass them sideways or toss them underhand. • When the coach says “Stop,” the 2 players with sandbells in their hands must do 5 push-ups or 5 squats. • Play until all or most of the players have been caught with the “hot potato,” and have performed 5 push-ups or 5 squats. |

| Relay Race (15 min.) | |
|-----------------------------|--|
| Setup | Set up an 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 sandbells on their backs. • Players then go around the end cone before crawling back to the start. • When a player returns to their line, the next player goes. • Repeat until all players in line have gone. |

| PE Game: Sharks and Minnows (15 min.) | |
|--|--|
| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. A basketball-court-sized space is perfect. |
| Game Instructions | <p>Goal of the game: To be quick and avoid being tagged by the sharks, and to try to tag the minnows.</p> <ul style="list-style-type: none"> • Choose 1–4 players who do not wear waist flags to start off as “sharks.” • The “sharks” stand in the middle of the field of play. All other players are the “minnows,” who stand together at one end of the field, wearing waist flags. • When the coach or the sharks yell out “Swim,” the minnows try to run across the field to the other side, while the sharks try to grab their waist flags. • If a minnow makes it to the other side without getting their flag pulled, they are safe. • If a minnow’s waist flag gets pulled, they put their flag to the side and become a shark. • Play until a couple of minnows are left, then start a new round. • Variations: When a shark pulls a minnow’s flag, they become seaweed. A seaweed freezes where their waist flag was pulled and cannot move from that spot. When the game continues, the seaweed can tag minnows without moving and make them seaweed as well. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 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 mind as they form, detach, and pop or float away.</p> |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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 them straight. <p>Take 2 breaths by the time you extend 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 in as close to 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 your chest moves toward the floor. <p>Hold for 6 breaths.</p> |

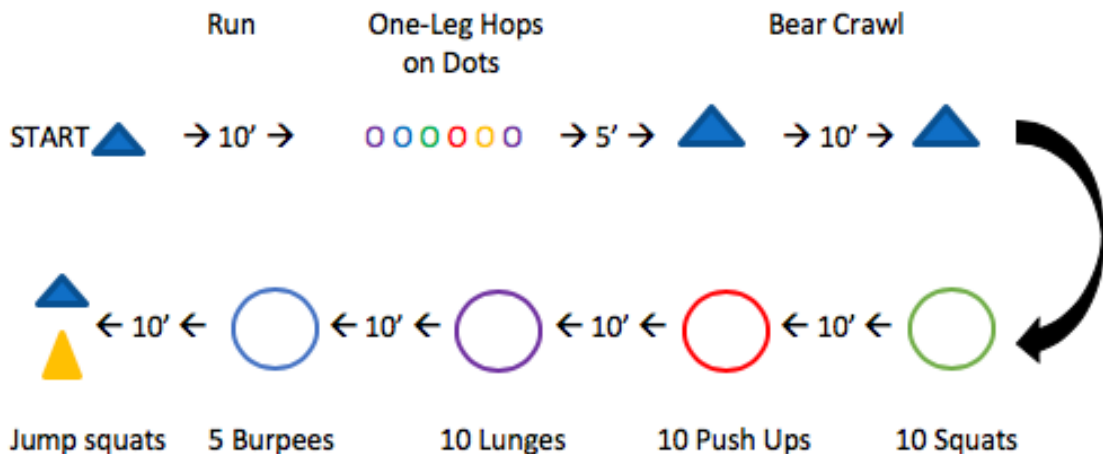
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| | <p>3. Seated Spinal Twist</p> <ul style="list-style-type: none"> • Sit up straight, with both legs out in front of you. • Cross your right foot to the outside of your left thigh. • Bring your left foot back beside your right hip. • Place the fingertips of your right hand behind you. • Hug your left knee to your chest. • Inhale, sitting up tall. • Exhale, twisting to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip, fingertips of your left hand behind you, hugging your right knee to your chest and twisting to the left) and hold for 5 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the 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. |

| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|--|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • 9 Hula Hoops • 9 Beanbags Of Color A • 9 Beanbags Of Color B | <ul style="list-style-type: none"> • 4 Short Cones • 6 Dots/Poly Spots • 4 Hula Hoops • 1 Tall Cone | <ul style="list-style-type: none"> • Short Cones |

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

| Fitness Stations & Game (20 min.) | |
|--|---|
| Stations (10 min.) | Station 1: Squat Hold w/Kettlebell Station 2: Back Lunges Station 3: Single-Leg Toe Touch Station 4: High-Knee Runs <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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 30 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.) | Tic Tac Toe <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops, and divide players into two teams. • Divide the beanbags evenly between the teams, and be sure each team has a specific color. For example, team A's bags might be green, while team B's beanbags are red. • Standing 10 feet away, the first players on each team pick up a beanbag in their color and toss it into one of the hula hoops in the grid. • Each player after takes a turn tossing a beanbag until one team is able to get 3 beanbags in a row (vertical, horizontal or diagonal). • Variations: Create an obstacle course to run through before tossing beanbag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc. |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <p>Set up an 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, players run to the first dot, hop on one leg to the next dot, and repeat until the end of the dots. Next, players run to the first cone and bear-crawl to the second cone. After bear crawls, players perform the activities listed below at the different hula-hoops. To finish, the players attempt a jump squat over a short or tall cone without touching the cone. Players return to the start line to repeat the course. Players should complete course at least twice.</p> |
| Diagram |  |

| PE Game: TV Show/Movie Tag (15 min.) | |
|---|--|
| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. |
| Game Instructions | <p>Goals of the game: Use locomotor skills to tag others and avoid being tagged. Communicate with others.</p> <ul style="list-style-type: none"> • Everyone is “it” in this game. • Players try to tag each other to freeze other players. • If a player is tagged first, they must freeze in place until someone comes by and tells a frozen player a TV show or movie they like. Then the frozen player must say a different TV show or movie. Once they share, they are free to go. • Players cannot be tagged while they are helping each other. • Variations: Players can stick to categories of TV shows or movies, such as animation, superheroes, animals, etc. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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 | <ol style="list-style-type: none"> 1. Wide-Legged Forward Fold <ul style="list-style-type: none"> • Interlace your hands behind your back. • Set your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> 2. Malasan (Yogi's Squat) <ul style="list-style-type: none"> • 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.) • Spread your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and press your knees into your elbows. |

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| | <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend your left knee and cross it on the outside of your right foot. • Use your hand to put slight pressure on your left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend your arms into a T, perpendicular to your torso. • Turn your head so your eyes can see to the left. <p>Take 5 breaths and repeat on the opposite side (right knee crossed on the outside of your left foot, head turned so your eyes can see to the right) for 5 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <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. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 the 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. |

| 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 • 4 Kettlebells • 2 Ankle Bands | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Personal Parachutes | <ul style="list-style-type: none"> • Short Cones |

| 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 |

| Fitness Stations & Game (20 min.) | |
|--|---|
| Stations (10 min.) | Station 1: Squat Hold w/Kettlebell Station 2: Back Lunges Station 3: Single-Leg Toe Touch Station 4: High-Knee Runs <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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 30 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.) | Ankle Bands <ul style="list-style-type: none"> • Divide players into 2 teams and have each team line up behind a start cone. • Place an ankle band at each team's start cone and put an end cone 20 feet away from the start cone. • The first player from each team puts the ankle band around both ankles and runs to the end cone. • At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on, runs back to the start cone, and passes the band to the next player in line. • The first team to have all players complete the relay wins. |

| Relay Race (15 min.) | |
|-----------------------------|--|
| Setup | Set up an 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. • 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 quickly 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: Chaos Tag (20 min.) | |
|-------------------------------------|--|
| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. |
| Game Instructions | <p>Goal of the game: Work on chasing and fleeing skills.</p> <ul style="list-style-type: none"> • In this game, everyone is “it.” • If a player get tagged first, they must take a seat on the ground. They may not get up until the player who tagged them gets tagged and sits. • For example, if player A tags player B, player B is sitting on the ground and watching to see when player A gets tagged. Once player A gets tagged by player C, player A sits down and player B gets up. • Variations: If the game has stalled, the coach may yell “Break.” That means everyone is free to get back up again, and the game resets. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm’s length. Students should be calm and quiet before beginning. Conduct the activity for 45 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, run in place, or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their hearts. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeat 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 or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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> |
| 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 them straight. <p>Take 2 breaths by the time you extend your legs and 6 breaths with your legs extended. Then lift your feet from the floor, draw your knees toward your ears, and 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 in as close to 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 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 on the outside of your left thigh. • Bring your left foot back beside your right hip. • Place the fingertips of your right hand behind you. • Hug your left knee to your chest. • Inhale, sitting up tall. • Exhale, twisting to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip,</p> |

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| | fingertips of your left hand behind you, hugging the right knee to the chest and twisting to the left) and hold for 5 breaths. |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 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. Repeat on the opposite side. 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. |

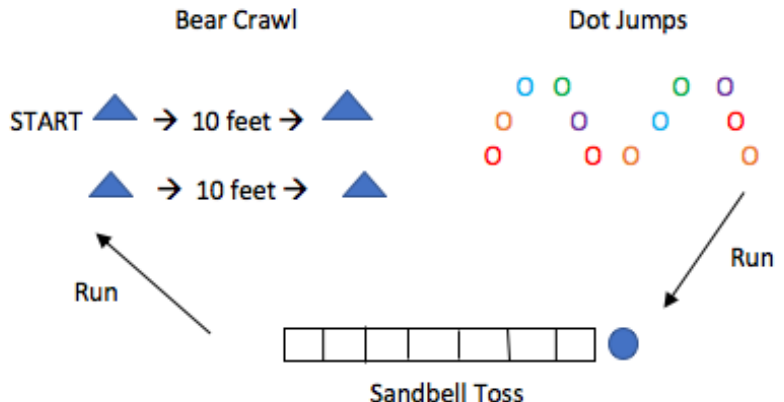
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • Dodgeballs (1 Per Group) | <ul style="list-style-type: none"> • 4 Short Cones • 1 Sandbell • 12 Dots/Poly Spots • 1 Agility Ladder | <ul style="list-style-type: none"> • Short Cones • Waist Flags (1 Per Player) |

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

Warm-Up 1: Walking Arm Circles
Warm-Up 2: High Kicks
Warm-Up 3: Knee Hugs
Warm-Up 4: High Knees

Fitness Stations & Game (20 min.)

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|---------------------------|---|
| Stations (10 min.) | <p> Station 1: Planks In In Out Out Station 2: Crab Toe Touch Station 3: Bicep Curls Station 4: Rows </p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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 30 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>Head, Shoulders, Knees, Toes, Ball!</p> <ul style="list-style-type: none"> • Players divide into pairs. • A ball is placed in the middle of each pair. • Coach says, “Head,” “Shoulders,” “Knees,” or “Toes,” in any order. • Players should touch whichever part of their body the coach calls out. • When the coach yells, “Ball!”, players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p> |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Form 2 lines behind the start cone. Before leaving the start cone, the first player from each line does a back-to-back wall sit and holds for 15 seconds. Players then bear-crawl from the start cone to the end cone. Next, the players jump with two feet in a zig-zag pattern, landing on each dot. They then run to opposite sides of the ladder. One player picks up the sandbell and gently tosses it to their partner. Players toss it back and forth to each other while sideways shuffling down and back up the ladder. One player puts the sandbell back at the start of the ladder before sprinting back to the start of the course with their partner. Players should go through course at least twice.</p> |
| Diagram |  |

| PE Game: Secret Agent Tag (15 min.) | |
|--|---|
| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. |
| Game Instructions | <ul style="list-style-type: none"> There are 3 roles in the tag game: <ul style="list-style-type: none"> Bad guys try to tag everyone that is standing up. If tagged by a bad guy, the players must sit down, and are stuck until freed by a secret agent. Nothing happens if a bad guy tags another bad guy. Secret agents try to tag anyone who is sitting down to free them. They also try to avoid getting tagged by the bad guys. If tagged by a bad guy, they must sit and wait until another secret agent frees them. Citizens don't have a job, but run around. They get tagged by the bad guys and freed by the secret agents. Sit players in a circle and ask them to close their eyes. Go around and tap 3–5 players ONCE on the head—these will be the bad guys. Then go around and tap 3–5 players |

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| | <p>TWICE on the head—these will be secret agents. In a class of 20, there are usually 5 players are bad guys and 6 who are secret agents. Players whose heads are not tapped are citizens.</p> <ul style="list-style-type: none"> • Ask players to stand up and spread out, and then say “Go” to start the round. • The round goes until all the bad guys tag the secret agents, or until time. • Variations: To make the game longer, have more secret agents than bad guys. |
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| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm’s length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire breath sequence.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through their mouths and then close their mouths. • Breath in through their noses for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouths (with whooshing sound) for a count of 8. • Close their mouths and repeat all steps 4 times. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm’s length. 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. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, with the tops of your feet on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows back into your body. • Press the tops of your feet and thighs into the floor. • Straighten your arms to lift your chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to your torso. • Roll your left leg from your hip so that it crosses over your right leg. |

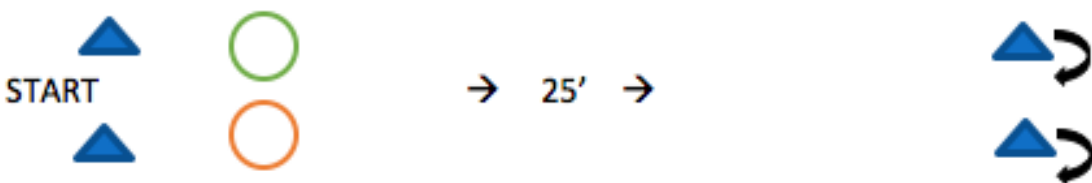
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| | <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift your buttocks off the floor until your thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 with 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. |

| 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 Agility Ladders • 4 Sandbells | <ul style="list-style-type: none"> • 4 Short Cones • 2 Hula Hoops | <ul style="list-style-type: none"> • 3–5 Dodgeballs • 3–5 Pinnies • Short Cones |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees |

| Fitness Stations & Game (20 min.) | |
|--|--|
| Stations (10 min.) | Station 1: Planks In In Out Out Station 2: Crab Toe Touch Station 3: Bicep Curls Station 4: Rows <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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 30 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.) | Over or Under <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, and the player in the 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. • Players continue passing the sandbell over or under until it reaches the end of the line, at which time 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.) | |
|-----------------------------|--|
| Setup | Set up an 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 them line 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 hoop and continuing. • Repeat until all players have gone at least once. |
| Diagram |  |

| PE Game: Capture the Flag (15 min.) | |
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| 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: 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 start on either side of the field. • When the coach says, “Go!”, players try to run to 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. • If a player’s flag is pulled, they go to the sideline and perform jumping jacks, push-ups, or planks to get back in the game. • When a player is able to run past the other team and makes it to the hula hoop, they are safe, and their flags cannot be pulled. If they are able to 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. They will be stuck there until one of their teammates comes and saves them and walks them back to their team’s side. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is 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. • Then, tell them to squeeze every single 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 bodies are feeling throughout the activity. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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. Downward-Facing Dog</p> <ul style="list-style-type: none"> • The pose has the head down, with the weight of the body on the palms and the feet. • The arms are stretched straight forward, shoulder width apart • The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold your right ankle with your left hand, take 3 breaths, then switch to holding your left ankle with your right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> • From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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, so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose, with your left knee brought toward your left wrist, and take 5 breaths.</p> |

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| | <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 your right leg. • Lower your left knee 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 length. 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 your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the 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. |

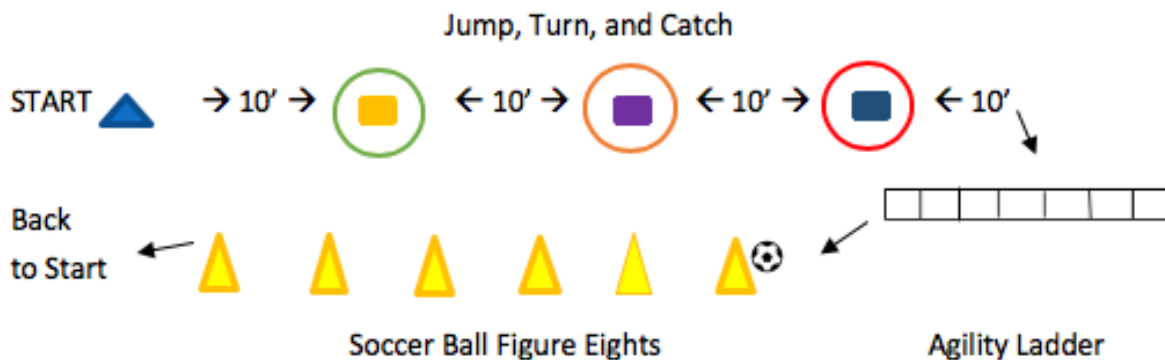
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|--|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 1 Battle Rope | <ul style="list-style-type: none"> • 1 Short Cone • 3 Hula Hoops • 3 Bean Bags • 1 Agility Ladder • 1 Soccer Ball • 6 Tall Cones | <ul style="list-style-type: none"> • 8 Tall Cones • 2 Soccer Balls • 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.

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| | Warm-Up 1: Skip Forward and Backwards Warm-Up 2: Side Shuffle Warm-Up 3: Butt Kickers Warm-Up 4: Sprint |
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Fitness Stations & Game (20 min.)

| | |
|---------------------------|--|
| Stations (10 min.) | Station 1: Squat Jumps Station 2: Speed Side Shuffle Station 3: Tic Tocs Station 4: Back Lunges w/ Sandbell <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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 30 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.) | Tug o' War <ul style="list-style-type: none"> • Players divide into teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team toward their side. |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One person at a time starts the course. Players run to the first hula-hoop, pick up a beanbag, and throw it up high in the air. Immediately after throwing the beanbag in the air, the player jumps and spins 360 degrees, then tries to catch the beanbag before it hits the ground. They get three tries to catch the beanbag at each hula-hoop. Players should run between hula-hoops. From the last hula-hoop, players run to the agility ladder, where a coach tells them how to go through the ladder (e.g., hop on one foot, hopscotch, two feet in and two feet out, etc.). Next, players kick a soccer ball in figure-eights around the tall cones to the end of the course.</p> |
| Diagram |  <p style="text-align: center;">Jump, Turn, and Catch</p> <p>START → 10' → (Yellow Square) ← 10' → (Purple Square) ← 10' → (Blue Square) ← 10' → Agility Ladder</p> <p>Back to Start ← Soccer Ball Figure Eights</p> |

| PE Game: 4-Goal Soccer (15 min.) | |
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| Setup | If necessary, set up a soccer field using short cones. Use dots/poly spots to create a midline, and use tall cones to create 2 goals on each half. |
| Game Instructions | <p>Goal of the game: To work on kicking skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams, and give 1 team pinnies to wear. • This game has soccer rules, but each side has 2 goals. • Variations: Up to 6 balls can be thrown in to get players moving. Coaches can choose if teams get to play with goalies. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • “Please get into your ‘mindful bodies’—still and quiet, sitting upright, eyes closed.” • “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.” • Ring a “mindfulness bell,” or have a student ring the bell. Use a bell with a sustained sound or a rain stick to encourage mindful listening. • “Please raise your hand when you can no longer hear the sound.” • 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 ...” <p style="text-align: center;">Ring the bell to end.</p> |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace the hands behind the back. • Set your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> • 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.) • Spread your thighs slightly wider than your torso. |

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| | <ul style="list-style-type: none"> • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and press your knees into your elbows. <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on your back), bend your left knee and cross it on the outside of your right foot. • Use your hand to put slight pressure on your left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend your arms into a T, perpendicular to your torso. • Turn the head so your eyes can see to the left. <p>Take 5 breaths and repeat on the opposite side (right knee crossed on the outside of the left foot, head turned so eyes can see to the right) for 5 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <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. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 the 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. |

| 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 • 4 Sandbells • 36 Beanbags | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands | <ul style="list-style-type: none"> • 4 Sandbells |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
|---|--|
| | Warm-Up 1: Skip Forward and Backwards Warm-Up 2: Side Shuffle Warm-Up 3: Butt Kickers Warm-Up 4: Sprint |

| Fitness Stations & Game (20 min.) | |
|--|---|
| Stations (10 min.) | Station 1: Squat Jumps Station 2: Speed Side Shuffle Station 3: Tic Tocs Station 4: Back Lunges w/ Sandbell <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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 30 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.) | Beanbag Tag <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 of play to the other without being hit by a beanbag thrown by the player 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 an 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. • Place an ankle band at each team's start cone, and put an end cone 20 feet away from each start cone. • The first player from each team puts the ankle band around both ankles and runs to the end cone. • 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. |

| PE Game: Over/Under Relay (15 min.) | |
|--|--|
| Setup | Divide players into 4 equal teams and have each team stand in a line an arm's length away from each other. |
| Game Instructions | <p>Goal of the game: To quickly pass the sandbell to teammates down the line using the pattern.</p> <ul style="list-style-type: none"> • The player at the front of the line starts with the sandbell. • When the coach says, "Go!", the first player in line passes the sandbell over their head, while the second player grabs it and passes it under their legs. The third player grabs the sandbell and passes it over their head. • The pattern continues until the sandbell reaches the end of the line. • The team that gets the sandbell to the end first, wins. • Variations: When the last player in line gets the sandbell, they run with it to the start of the line and starts passing it back again. The game continues until the player who started at the front of the line is back at the start of the line again. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 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 mind as they form, detach, and pop or float away.</p> |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class or if time permits you can do both. | |
|--|---|
| Setup | <p>Group students at arm's length. 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. Downward-Facing Dog</p> <ul style="list-style-type: none"> The pose has the head down, the weight of the body on the palms and the feet. The arms are stretched straight forward, shoulder width apart. The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold your right ankle with your left hand, take 3 breaths, then switch to holding your left ankle with your right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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, so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose, with your left knee brought to your left wrist, and 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 your right leg. Lower your left knee 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> |

| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <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

- With straight legs and feet pointed forward, reach down as far as possible to touch your toes. Hold for 30 seconds.

3. Side Reach

- Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat on the opposite side.

4. Toe Touch Twists

- 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.

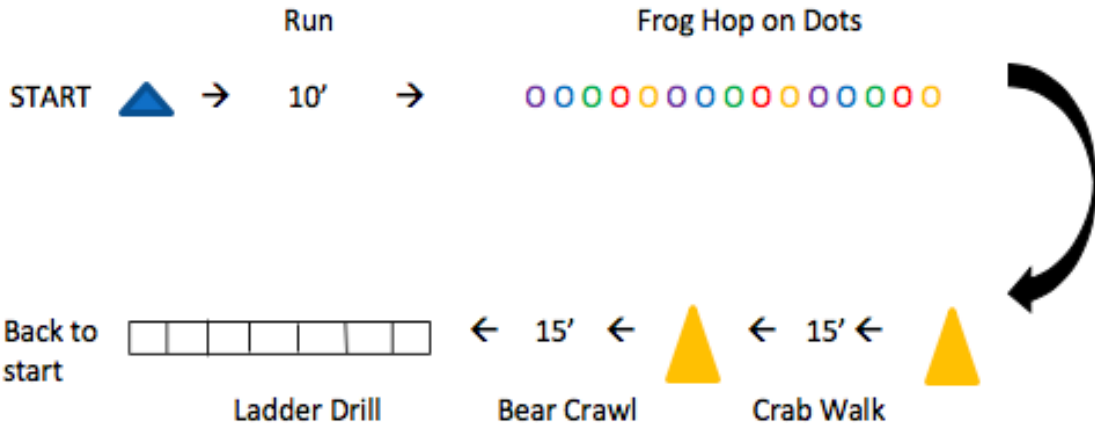
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 9 Hula Hoops • 9 Beanbags of Color A • 9 Beanbags of Color B | <ul style="list-style-type: none"> • 1 Short Cone • 15 Dots/Poly Spots • 1 Agility Ladder • 2 Tall Cones | <ul style="list-style-type: none"> • Hula Hoops (1 per team) |

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

| | |
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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: Bear Crawls |
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Fitness Stations & Game (20 min.)

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|---------------------------|--|
| Stations (10 min.) | Station 1: Stand-Up Bicycles w/Sandbell Station 2: Planks Station 3: Dead Bugs Station 4: Plank High 5s <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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 30 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.) | Tic Tac Toe <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops, and divide players into two teams. • Divide the beanbags evenly between the teams, and be sure each team has a specific color. For example, team A's bags might be green, while team B's bean bags are red. • Standing 10 feet away, the first players on each team pick up a beanbag in their color and toss it into one of the hula hoops in the grid. • Each player after takes a turn tossing a bean bag until one team is able to get 3 bean bags in a row (vertical, horizontal or diagonal). • Variations: Create an obstacle course to run through before tossing bean bag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc. |

| Obstacle Course (15 min.) | |
|----------------------------------|--|
| Setup and Instructions | <p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One player at a time starts the course. From the start cone, players run to the first dot, where they get into frog position. Players perform 1 frog hop to the next dot and repeat it until they get to the end of the dots. From the dots, players run to the first tall cone, crab-walk to the second tall cone, and bear-crawl to the ladder. At the ladder, they perform a ladder drill, then run back to the start to repeat. Players should complete the course at least twice.</p> |
| Diagram |  |

| PE Game: Hula Hoop Passing (15 min.) | |
|---|---|
| Setup | Divide players up into teams. |
| Game Instructions | <p>Goal of the game: To pass the hula hoop while communicating to their teammates.</p> <ul style="list-style-type: none"> • Each team stands in a circle or line, holding hands. • Have a player start with the hula hoop. Teams want to pass the hula hoop around the circle or down the line without breaking handholds. • Game continues until the hula hoops goes all the way around the circle or down the line. • Variations: Class could work in one large group. Adding two or more hula hoops makes it more difficult. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall, with legs wider than hip-width apart and hands or fists placed on the hips. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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 | <ol style="list-style-type: none"> 1. Cobra Pose <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, so the tops of your feet are on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows back against your body. • Press the tops of your feet and thighs into the floor. • Straighten your arms to lift your chest off the floor. <p>Hold for 5 breaths.</p> 2. Spinal Twist <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to your torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on the opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> |

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| | <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift your buttocks until your thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
|--|--|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the 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. |

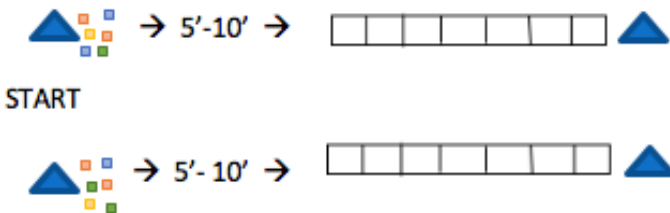
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Relay Race</u> | <u>PE Game</u> |
|-----------------------------|--|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 2 Agility Ladders | <ul style="list-style-type: none"> • 4 Short Cones • 30 Beanbags • 2 Agility Ladders | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Soccer Balls • 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.

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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.)

| | |
|---------------------------|--|
| Stations (10 min.) | <p>Station 1: Stand-Up Bicycles w/Sandbell</p> <p>Station 2: Planks</p> <p>Station 3: Dead Bugs</p> <p>Station 4: Plank High 5s</p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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>Sandbell Pass with Agility Ladder</p> <ul style="list-style-type: none"> • Divide players into 2 lines, facing forward. The lines should be about 10 feet apart. • Set up 2 start cones and 2 end cones about 20 feet apart, with a ladder for each line halfway between the cones. • Players divide into 2 teams and stand in line. • When the coach blows the whistle, the first 2 players in each line chest-pass the sandbell back and forth while side-shuffling all the way through the ladder and to the end cone. • On the way back, 1 player should hold the sandbell and pass it to the next 2 players in line. • Play until all players have completed the drill. |

| Relay Race (15 min.) | |
|-----------------------------|--|
| Setup | Set up an obstacle course or relay in a space that accommodates the size of the group. |
| Relay Instructions | <ul style="list-style-type: none"> • Divide players into even lines. Each team should have at least 15 beanbags in front of the short cone. • When the coach blows the whistle, the first player in each line picks up a beanbag and tries to toss it into the first box of the ladder. If that player's beanbag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder. • If players miss the appropriate boxes, they run to collect the beanbags they threw, bring them back to the team, perform 5 push-ups, and then get in the back of the line. This repeats until all boxes of the ladder have a beanbag in them. • If players have not made it to the cheering team and all the boxes have been filled, repeat steps starting with box 1. In this case, there may be more than 1 beanbag in each box. |
| Diagram |  |

| PE Game: 2+ Ball Soccer (15 min.) | |
|--|---|
| Setup | Set up a soccer field using small cones. Use dots/poly spots to create a midline, and use tall cones to create a goal on each half. |
| Game Instructions | <p>Goal of the game: To practice kicking skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams and give 1 team pinnies to wear. • This game has soccer rules but uses 2 balls and is a continuous game. If a team scores with 1 ball, that ball is given to the other team. • Variations: Up to 6 balls can be thrown in to get players moving. The teacher can choose if teams get to play with goalies. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Stretches | <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 in their own lives as well.</p> <p>Tell your kids to jump up and down, run in place, or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their hearts. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeat 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 or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length. 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 them straight. <p>Take 2 breaths by the time you extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor, draw your knees toward your ears, and 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 in as close to your body as possible. • Wrap your hands around your feet or ankles. |

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| | <ul style="list-style-type: none"> 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 on the outside of your left thigh. Bring your left foot back beside your right hip. Place the fingertips of your right hand behind you. Hug your left knee to your chest. Inhale, sitting up tall. Exhale, twisting to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot on the outside of your right thigh, right foot beside your left hip, fingertips of your left hand behind you, hugging the right knee into the chest and twisting to the left) and hold for 5 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the 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. |

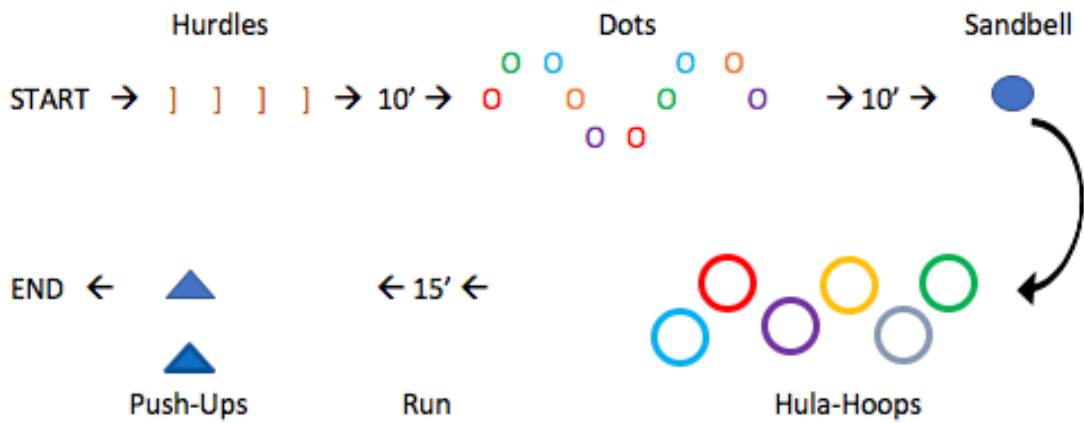
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • Dodgeballs (1 per pair) | <ul style="list-style-type: none"> • 4 Hurdles • 10 Dots/Poly Spots • 1 Sandbell • 6 Hula Hoops • 2 Short Cones | <ul style="list-style-type: none"> • 4 Tall Cones • Dots/Poly Spots • Short Cones • Pinnies |

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

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|--|--|
| | Warm-Up 1: Toe Walks Warm-Up 2: Heel Scoops Warm-Up 3: Quad Stretch Warm-Up 4: Heel Walks |
|--|--|

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. The 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.) | Head, Shoulders, Knees, Toes, Ball! <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • Coach says, “Head,” “Shoulders,” “Knees,” or “Toes,” in any order. • Players touch whichever part of their body the coach calls out. • When the coach yells, “Ball!”, players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p> |

| Obstacle Course (15 min.) | |
|----------------------------------|--|
| Setup and Instructions | <p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One person at a time starts the course. Each player jumps over each hurdle with two feet, then jumps on the dots, landing on one foot for each dot. They raise a sandbell up over their head and put it back down 5 times. They jump from one hula-hoop to the next with two feet, then run to the end and finish with 5 push-ups.</p> |
| Diagram |  |

| PE Game: Handball (15 min.) | |
|------------------------------------|--|
| Setup | Set up a soccer-sized field using small cones. Use dots/poly spots to create a midline, and use tall cones to create a goal on each half. |
| Game Instructions | <p>Goal of the game: To work on throwing and catching skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams and give 1 team pinnies to wear. • This game has soccer rules, but players have to use their hands. • The ball must be thrown into a goal for a team to score. • If a player has the ball, they can only take 3 steps before throwing it. • Variations: More balls can be added, and the coach can choose if teams get to play with goalies. |

| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongues pressed against the back of their top teeth during the entire breath sequence.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through their mouths and then close their mouths. • Breath in through their noses for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouths (with whooshing sound) for a count of 8. • Close their mouths and repeat all steps 4 times. |

| Stretching (5 min.): Please choose the yoga Stretches or cooldown stretches below to finish class. or If time permits, you can do both. | |
|--|---|
| Setup | <p>Group students at arm's length. 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. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace your hands behind your back. • Set your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> • 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.) • Spread your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and press your knees into your elbows. <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> |

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|--|---|
| | <ul style="list-style-type: none"> • From a supine position (lying on your back), bend your left knee and cross it on the outside of your right foot. • Use your hand to put slight pressure on your left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend the arms into a T, perpendicular to your torso. • Turn your head so your eyes can see to the left. <p>Take 5 breaths and repeat on the opposite side (right knee crossed on the outside of the left foot, head turned so eyes can see to the right) for 5 breaths.</p> |
|--|---|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 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. Repeat on the opposite side. 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. |

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

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. The 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.) | Over or Under <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, 1 player behind the other, and the player in the 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. • Players continue passing the sandbell over or under until it reaches the end of the line, at which time 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.) | |
|-----------------------------|---|
| Setup | Set up an obstacle course or relay in a space that accommodates the size of the group. |
| Relay Instructions | <ul style="list-style-type: none"> • Use the rules for musical chairs, but play with dots. • Spread out the dots, using 1 less than the total number of players. For example, if there are 20 players, spread out 19 dots. • Before the music starts, call out how players will move around (run, skip, hop, jump, etc.) When the music starts, players move around the dots. When the music stops, players find a dot and do a squat hold in place until the music starts again. The player without a dot is out. • The coach should remove a dot after each round, until there is one player left. • Repeat game for time. |

| PE Game: Team Flag Tag (15 min.) | |
|---|--|
| Setup | Set up a soccer-sized field using short cones. Place a hula hoop on each team's side, toward the baseline. |
| Game Instructions | <p>Goal of the game: To run around and grab other team's waist flags without getting your own pulled.</p> <ul style="list-style-type: none"> • Divide players into 2 teams and give 1 team pinnies to wear. Everyone gets a waist flag to put on. • Have the first team stand on one side of the field and the other team stand on the other side. • On "Go!", players try to grab the other team's flag. If a flag is pulled, the player who pulled the flag brings it back to their team's side and puts it in their hula hoop. If a player gets their flag pulled, they stand behind their team's hula hoop. If there is a flag to put on, they put it on and are back in the game. • The game continues until one team's flags are pulled. • Variations: A time limit on the game could make it more interesting. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is 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. • Then, tell them to squeeze every single muscle in their bodies 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 bodies are feeling throughout the activity. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits you can do both. | |
|--|--|
| Setup | <p>Group students at arm's length. 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 them straight. <p>Take 2 breaths by the time you extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor, draw your knees toward your ears, and 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 in as close to 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. |

| | |
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| | <ul style="list-style-type: none"> • 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 on the outside of your left thigh. • Bring your left foot back beside your right hip. • Place the fingertips of your right hand behind you. • Hug your left knee to your chest. • Inhale, sitting up tall. • Exhale, twisting to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot on outside of right thigh, right foot beside left hip, the fingertips of your left hand behind you, hugging the right knee to your chest and twisting to the left) and hold for 5 breaths.</p> |
|--|---|

| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <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. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 the 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. |

| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 1 Battle Rope | <ul style="list-style-type: none"> • 2 Sandbells • 20 Dots/Poly Spots • 36 Beanbags • 3 Hula Hoops • 2 Short Cones • 2 Agility Ladders | <ul style="list-style-type: none"> • 1 Soccer Ball • 4 Large Cones • Short Cones |

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

Warm-Up 1: Walking Arm Circles

Warm-Up 2: High Kicks

Warm-Up 3: Knee Hugs

Warm-Up 4: High Knees

Fitness Stations & Game (20 min.)

**Stations
(10 min.)**

Station 1: Plank Rotations

Station 2: Hand Walks

Station 3: Flutter Kicks

Station 4: Kickouts

- Use 4 tall cones to designate 4 stations. The 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.)**

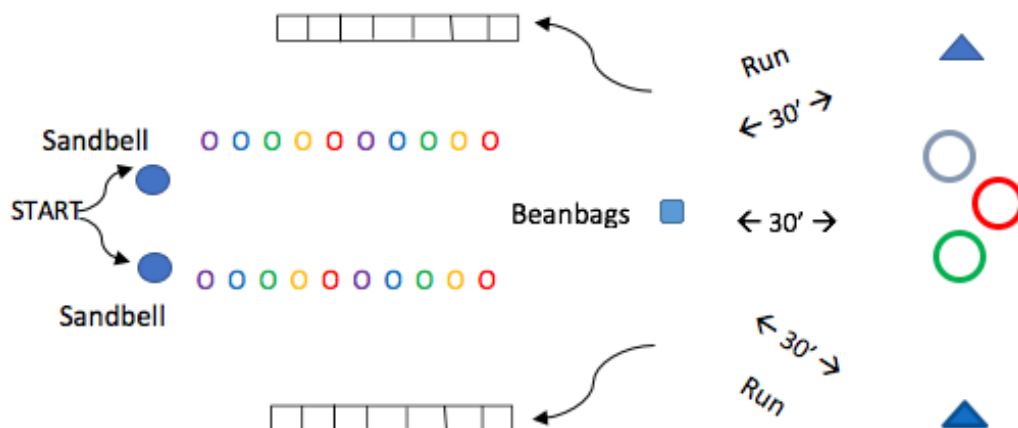
Tug o' War

- Players divide into teams and line up on opposite ends of the balance rope.
- When the coach blows the whistle, teams try to pull the opposite team toward them.
- Play continues until one team has successfully pulled all the players from the other team to their side.

Obstacle Course (15 min.)
Setup and Instructions

Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.

Divide the players into 2 lines. One player from each line starts the course. To start, players pick up a sandbell and perform 10 squats. Then, in a push-up position, players travel down the dots, transferring hands from one dot to the next. After the dots, players try to toss one beanbag into a hula-hoop that is 30 feet away. Once they get a beanbag into the hula hoop, they run down and around the cone. Last, players hop through the agility ladder sideways and then go back to the start. Each player repeats this obstacle course several times.

Diagram

PE Game: Crab Soccer (15 min.)
Setup

Using short cones, set up a mini soccer field. The soccer field can be about 20ft x 20ft, depending on the number of people playing. Use 2 tall cones for the goals on each side of the field.

Game Instructions

Goal of the game: To be in the crab walk position and use their feet to kick the ball in the other team's goal.

- Divide players into 2 teams. Teams of about 5 are the perfect size.
- 2 teams will face off against each other.
- Players will be in the crab position the entire game, with both hands and feet touching the ground at the same time, and stomachs toward the sky.
- Players can only kick or hit the ball with their feet or heads; no hands allowed.
- Each team is trying to kick the ball into the opposing team's goal.
- Variations: Add more balls or goals to a game.

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • “Please get into your ‘mindful bodies’ – still and quiet, sitting upright, eyes closed.” • “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.” • Ring a “mindfulness bell,” or have a student ring the bell. Use a bell with a sustained sound or a rain stick to encourage mindful listening. • “Please raise your hand when you can no longer hear the sound.” • 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 ...” <p style="text-align: center;">Ring the bell to end.</p> |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, so the tops of your feet are on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows back to your body. • Press the tops of your feet and thighs into the floor. • Straighten your arms to lift your chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to your torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> |

| | |
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| | <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift your buttocks off the floor until your thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
|--|--|

| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length. 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 your hands behind body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the 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. |

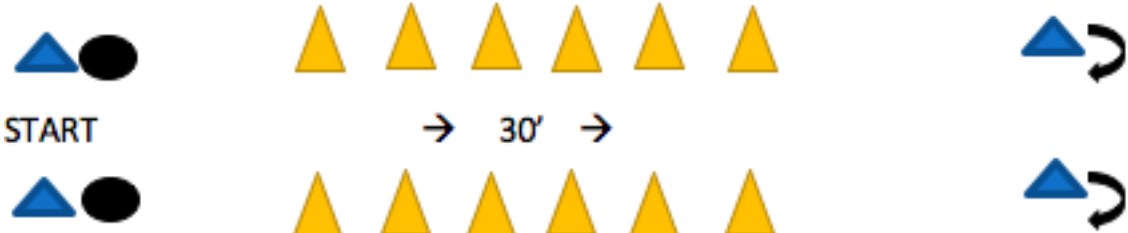
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Relay Race</u> | <u>PE Game</u> |
|-----------------------------|--|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones | <ul style="list-style-type: none"> • 4 Short Cones • 12 Tall Cones • 2 Sandbells | <ul style="list-style-type: none"> • 1 or more Playground Balls • Dodgeballs • Short Cones • 2 Tall Cones |

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

Warm-Up 1: Walking Arm Circles
Warm-Up 2: High Kicks
Warm-Up 3: Knee Hugs
Warm-Up 4: High Knees

Fitness Stations & Game (20 min.)

| | |
|---------------------------|--|
| Stations (10 min.) | <p> Station 1: Plank Rotations Station 2: Hand Walks Station 3: Flutter Kicks Station 4: Kickouts </p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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>Crocodile Tag</p> <ul style="list-style-type: none"> • Designate a field of play based on the number of players. • Select 2 players to be “it,” and have the remaining players scatter throughout the field of play. • When the coach blows the whistle, players who are “it” begin trying to tag the other players. Players are safe from being tagged when in the “crocodile position” (plank position). • Players can remain in the crocodile position for 3 seconds at a time before having to get up and run again. • If a player is tagged twice, he/she is it. |

| Relay Race (15 min.) | |
|-----------------------------|--|
| Setup | Set up an obstacle course or relay in a space that accommodates the size of the group. Divide players into 2 equal teams and place them at the start cone. |
| Relay Instructions | <ul style="list-style-type: none"> • Divide each team in half and send half the players to the opposite end cone. • The first player from each group at the start cone picks up a sandbell. When the coach blows the whistle, the player runs in and out of the cones in a figure-eight pattern, moving towards the end cone. • The player then passes the sandbell to the first player at the end cone, who then runs in and out of the cones in a figure-eight pattern towards the start cone. • Each player should run through the cones twice, putting them back in their original line. |
| Diagram |  |

| PE Game: Powerball (15 min.) | |
|-------------------------------------|---|
| Setup | Use short cones to create a big circle, with two tall cones marking the middle of the circle. |
| Game Instructions | <p>Goal of the game: To throw dodgeballs at the playground balls and hit them over the other team's half of the circle.</p> <ul style="list-style-type: none"> • Divide players into 2 teams. Have one team stand outside 1 half of the circle and the other team stand outside the other half. • Give each team an equal number of dodgeballs and place a playground ball in the middle of the circle. • On "Go!", teams start throwing or rolling the dodgeballs at the playground ball and try to push it over the other team's half of the circle. • When the playground ball crosses team A's edge of the circle, team B gets a point. • Variations: You can put more playground balls in the middle of the circle to make it more difficult. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 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 mind as they form, detach, and pop or float away.</p> |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class or if time permits you can do both. | |
|--|--|
| Setup | <p>Group students at arm's length. 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. Downward-Facing Dog</p> <ul style="list-style-type: none"> The pose has the head down, with the weight of the body on the palms and the feet. The arms are stretched straight forward, shoulder width apart. The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold your right ankle with your left hand, take 3 breaths, then switch to holding your left ankle with your right hand and take 3 breaths</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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, so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose, with your left knee brought to your left wrist, and 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 your right leg. Lower your left knee onto the ground and release the top of your left foot. |

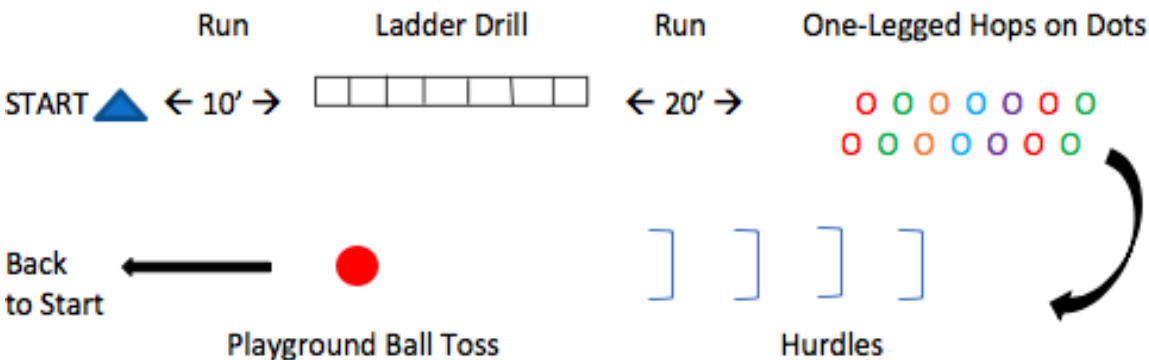
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| | Hold for 5 breaths, move back to Downward-Facing Dog, and then repeat Lizard Pose with the other leg and hold for 5 breaths. Return to Downward-Facing Dog, then walk your feet up to your hands and unroll your spine upward until you are standing. |
|--|---|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 your hands behind body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the opposite side. 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. |

| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 9 Hula Hoops • 9 Beanbags of Color A • 9 Beanbags of Color B | <ul style="list-style-type: none"> • 1 Short Cone • 1 Agility Ladder • 14 Dots/Poly Spots • 4 Hurdles • 1 Playground Ball | <ul style="list-style-type: none"> • 1 Dodgeball |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
|---|--|
| | Warm-Up 1: Skip Forward and Backwards Warm-Up 2: Side Shuffle Warm-Up 3: Butt Kickers Warm-Up 4: Sprint |

| Fitness Stations & Game (20 min.) | |
|--|--|
| Stations (10 min.) | Station 1: Step-Ups Station 2: In In Out Out Station 3: Liners Station 4: Squats <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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.) | Tic Tac Toe <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops, and divide players into 2 teams. • Divide the beanbags evenly between the teams, and be sure each team has a specific color. For example, team A's bags might be green, while team B's beanbags are red. • Standing 10 feet away, the first players on each team pick up a beanbag of their color and toss it into one of the squares in the grid. • Each player after takes a turn tossing a beanbag until one team is able to get 3 bean bags in a row (vertical, horizontal or diagonal). • Variations: Create an obstacle course to run through before tossing bean bag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc. |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <p>Set an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Form a line behind the start cone. One player at a time completes this course. Players start by running up to the ladder and jumping in and out for the full length of the ladder. Next, players hop from dot to dot on one foot, following the zig-zag pattern and staying on the same foot. Then, players jump sideways over the hurdles. After the last hurdle, the coach will toss a playground ball to each player, and the player must jump up, try to catch the ball while in midair, and toss it back to the coach before landing. Players return to the start line to repeat the course. Players should complete course at least twice.</p> |
| Diagram |  |

| PE Game: Silent Ball (15 min.) | |
|---------------------------------------|---|
| Setup | <p>Players scatter around the play area within throwing distance, about 3–5 feet away from each other. It should be easy to throw and catch. This is a perfect game to play in the classroom on rainy days, or in small spaces.</p> |
| Game Instructions | <p>Goal of the game: To throw and catch the ball quietly.</p> <ul style="list-style-type: none"> • One player starts with the ball and counts down, “3,2,1, silent,” then passes the ball to another player. • If a player drops the ball, makes a bad pass, or makes noise, they are out, and must sit down. • Play continues until only 1 player remains. • Variations: Can be played with 2 balls or with limited time to throw. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and with hands or fists placed on the hips. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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 | <ol style="list-style-type: none"> 1. Wide-Legged Forward Fold <ul style="list-style-type: none"> • Interlace your hands behind your back. • Set your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> 2. Malasan (Yogi's Squat) <ul style="list-style-type: none"> • 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.) • Separate your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and press your knees into your elbows. |

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| | <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend your left knee and cross it on the outside of your right foot. • Use your hand to put slight pressure on your left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend your arms into a T, perpendicular to the torso. • Turn your head so your eyes can see to the left. <p>Take 5 breaths and repeat on the opposite side (right knee crossed on the outside of the left foot, head turned so eyes can see to the right) for 5 breaths.</p> |
|--|---|

| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <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. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 the 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. |

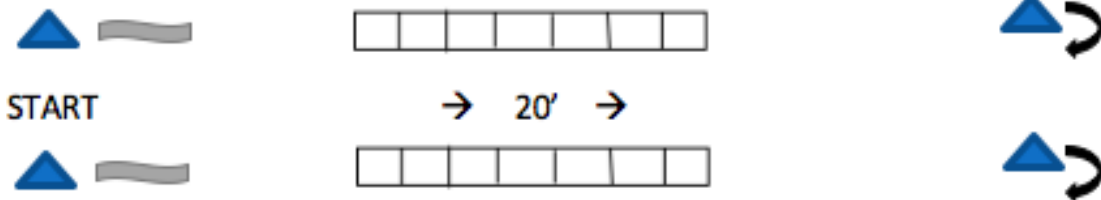
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Relay Race</u> | <u>PE Game</u> |
|-----------------------------|--|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • Beanbags • Dots/Poly Spots | <ul style="list-style-type: none"> • 4 Short Cones • 2 Ankle Bands • 2 Agility Ladders | <ul style="list-style-type: none"> • Short Cones |

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

Warm-Up 1: Skip Forward and Backwards
Warm-Up 2: Side Shuffle
Warm-Up 3: Butt Kickers
Warm-Up 4: Sprint

Fitness Stations & Game (20 min.)

| | |
|---------------------------|---|
| Stations (10 min.) | <p> Station 1: Step-Ups Station 2: In In Out Out Station 3: Liners Station 4: Squats </p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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>Dots and Beanbags Race</p> <ul style="list-style-type: none"> • Divide the players into 2 teams. Give the first team the dots and the second team the beanbags. • When the coach blows the whistle, the team with the dots places the dots in random locations on the field, and then returns to the start area. The other team closes their eyes while the dots are being placed. • Once the first team finishes placing the dots, the team with the beanbags runs out and places one beanbag on every dot, and then returns to the start area. • The goal is for each team to complete its task as quickly as possible. The coach should be timing how long it takes each team to finish placing dots or beanbags. • Do a couple of rounds so that both teams have the opportunity to place dots and beanbags. You can change it up by asking teams to perform other movements when placing dots and beanbags, such as hopping, skipping, or running backward. |

| Relay Race (15 min.) | |
|-----------------------------|--|
| Setup | Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up. |
| Relay Instructions | <ul style="list-style-type: none"> • Players divide into 2 teams and stand behind a start cone. • When the coach blows the whistle, the first 2 players from each team put the ankle band around their ankles. One player will have the band around his/her left ankle, and the other will have the band around his/her right ankle. • Once the ankle band is on, the players work together to walk/run through the ladder, stepping/hopping the banded feet in each square, towards the end cone 25 feet away. • Players repeat this movement back to the start cone and pass the ankle band to the next two players in line. • Repeat until all players have gone at least twice. |
| Diagram |  |

| PE Game: Roshambo Champion (15 min.) | |
|---|---|
| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. |
| Game Instructions | <p>Goal of the game: To play roshambo and cheer for others.</p> <ul style="list-style-type: none"> • Everyone spreads out and picks someone to play roshambo with. • Whoever wins roshambo is now the leader, and the player who lost becomes their cheering squad. • The leader of the line then finds someone new to play with. If they win roshambo the player who lost and anyone who is following them gets behind the new winner. • Eventually there will be two very long lines, and it will come down to two people playing. The winner is the champion. • Then you can start a new round. |

| Mindfulness (40 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 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, run in place, or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their hearts. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeat 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 or cooldown stretches below to finish class. If time permits you can do both. | |
|--|--|
| Setup | <p>Group students at arm's length. 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. Downward-Facing Dog</p> <ul style="list-style-type: none"> The pose has the head down, the weight of the body on the palms and the feet. The arms are stretched straight forward, shoulder width apart. The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold your right ankle with your left hand, take 3 breaths, then switch to holding the left ankle with the right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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, so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose, with your left knee brought to your left wrist and 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 your right leg. |

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| | <ul style="list-style-type: none"> Lower your left knee 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> |
|--|--|

| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 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. Repeat on the opposite side. 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. |

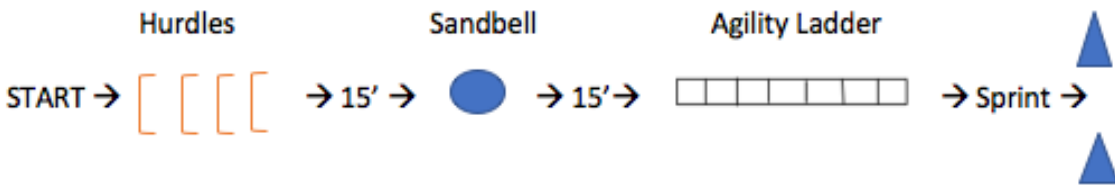
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • Dodgeball (1 Per Pair) | <ul style="list-style-type: none"> • 4 Hurdles • 1 Sandbell • 1 Agility Ladder • 2 Tall Cones | <ul style="list-style-type: none"> • 6 Hula Hoops • 6 Poly Spots • Short Cones |

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

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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: Bear Crawls |
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Fitness Stations & Game (20 min.)

| | |
|---------------------------|---|
| Stations (10 min.) | Station 1: Stand-Up Bicycles w/ Sandbell Station 2: Planks Station 3: Dead Bugs Station 4: Plank High 5s <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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.) | Head, Shoulders, Knees, Toes, Ball! <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • Coach will say, “Head,” “Shoulders,” “Knees,” or “Toes,” in any order. • Players should touch whichever part of their body the coach calls out. • When the coach yells, “Ball!”, players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p> |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One person at a time starts the course. To begin, the player jumps over each hurdle, landing both feet on the ground before jumping again. Next, the player picks up the sandbell and throws it down to the ground, repeating the action 5 times. The player then performs fast feet through the ladder (example: 1 foot in, 1 foot out or both feet in, both feet out). After the ladder, the player should sprint through the end cones and then jog back to the start line. Each player should complete the course at least twice.</p> |
| Diagram |  <p style="text-align: center;"> Hurdles Sandbell Agility Ladder </p> <p> START → [[[→ 15' → ● → 15' → [[[[[[→ Sprint → ▲ ▲ </p> |

| PE Game: Toxic River (15 min.) | |
|---------------------------------------|--|
| Setup | Create 2 lines of cones about 20 to 50 feet apart. |
| Game Instructions | <p>Goal of the game: To use hula hoops and poly spots to step on or inside in order to cross the toxic river.</p> <ul style="list-style-type: none"> • Divide class into 2 teams. • Give each team 3 hula hoops, and 3 poly spots. • Have each team start on the bank of the river with their supplies. • They have to use their supplies to cross the toxic river, which is between the cones. • Players lay the hula hoops and poly spots on the floor and their entire team must try to cross the toxic river at once. • Players must work together to step in the hula hoops or on the poly spots. To move further down the rivers, players must pass supplies down their line. • Players cannot step in the toxic river, only on the poly spots or in the hula hoops. • Variations: Can be done with the entire class doing this at once. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongues pressed against the back of their top teeth during the entire breath sequence.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through their mouths and then close their mouths. • Breath in through their noses for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouths (with whooshing sound) for a count of 8. • Close their mouth and repeat all steps 4 times. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class or if time permits you can do both. | |
|--|--|
| Setup | <p>Group students at arm's length. 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. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, so the tops of your feet are on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows to your body. • Press the tops of your feet and thighs into the floor. • Straighten your arms to lift your chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to your torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on the opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> |

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|--|---|
| | <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift your buttocks off the floor until your thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over your knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
|--|---|

| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length. 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 your hands behind your body and interlock fingers. Once they are interlocked, see how far you can bring your arms up. 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 the 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. |

| 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 • 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. | |
|---|---|
| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: Bear Crawls |

| Fitness Stations & Game (20 min.) | |
|--|--|
| Stations (10 min.) | Station 1: Stand-Up Bicycles w/ Sandbell Station 2: Planks Station 3: Dead Bugs Station 4: Plank High 5s <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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.) | Over or Under <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, and the player in the 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 time 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.) | |
|-----------------------------|--|
| Setup | Set up an 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 sandbells on their backs. • At the end cone, players go around the cone before crawling back to the start. • When a player returns to their line, the next player goes. • Repeat until all players in line have gone. |

| PE Game: Human Alphabet (15 min.) | |
|--|--|
| Setup | Find a space big enough for players to lay down or sit down in. A 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"> • Players lay down or sit down together as a class in order to form the letters of the alphabet. • Players start by creating an enormous letter A. • Once they create the letter A they move on to B and continue until they reach the letter Z. • Variations: Can be played in teams. Instead of letters, use numbers. With older players, the game could be played silently. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is 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. • Then, tell them to squeeze every single muscle in their bodies 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 bodies are feeling throughout the activity. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length. 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 them straight. <p>Take 2 breaths by the time you extend your legs and 6 breaths with your legs extended. Then lift your feet from the floor, draw your knees toward your ears and 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 in as close to 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 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 on the outside of your left thigh. • Bring your left foot back beside your right hip. • Place the fingertips of your right hand behind you. • Hug your left knee into your chest. • Inhale, sitting up tall. • Exhale, twisting to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip,</p> |

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| | the fingertips of your left hand behind you, hugging your right knee to your chest and twisting to the left) and hold for 5 breaths. |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 your hands behind body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the opposite side. 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. |

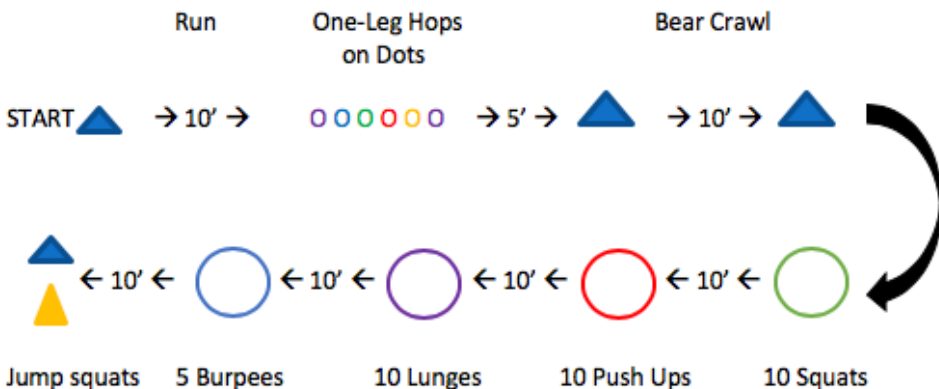
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 1 Battle Rope | <ul style="list-style-type: none"> • 4 Short Cones • 6 Dots/Poly Spots • 4 Hula Hoops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

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

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| | Warm-Up 1: Toe Walks Warm-Up 2: Heel Scoops Warm-Up 3: Quad Stretch Warm-Up 4: Heel Walks |
|--|--|

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. The 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.) | Tug o' War <ul style="list-style-type: none"> • Players divide into teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play until one team has successfully pulled all the players from the other team to their side. |

| Obstacle Course (15 min.) | |
|----------------------------------|---|
| Setup and Instructions | <p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One line forms 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 these actions until the end of the dots. Next, the player runs to the first cone and bear crawls to the second cone. After bear crawls, 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 the cone. The player returns to the start line to repeat the course. Players should complete course at least twice.</p> |
| Diagram |  |

| PE Game: Moving Day Relay (15 min.) | |
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| Setup | Divide players into teams and have each team sit in line, where they pile the items at the beginning of each line. |
| Game Instructions | <p>Goal of the game: To move items using only their feet.</p> <ul style="list-style-type: none"> Place a pile of equipment at the end of each line. Each team should start out with the same number of items. These can be cones, dots/poly spots, dodge balls, sandbells, or anything that can be picked up using only feet. 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. If an item is dropped or someone touches it with their hands, that item has to get passed all the way back to the beginning of the line. Players can use their hands to pass the item back to the beginning. This game continues until teams have passed all items down to the end of the line. Variations: Tricky items like flag belts or bean bags could be used. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • “Please get into your ‘mindful bodies’ – still and quiet, sitting upright, eyes closed.” • “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.” • Ring a “mindfulness bell,” or have a student ring the bell. Use a bell with a sustained sound or a rain stick to encourage mindful listening. • “Please raise your hand when you can no longer hear the sound.” • 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 ...” <p style="text-align: center;">Ring the bell to end.</p> |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length. 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. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace your hands behind your back. • Step your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> • 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.) • Spread your thighs slightly wider than your torso. |

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| | <ul style="list-style-type: none"> • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and press your knees into your elbows. <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on your back), bend your left knee and cross it on the outside of your right foot. • Use your hand to put slight pressure on your left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend your arms into a T, perpendicular to the torso. • Turn the head so the eyes can see to the left. <p>Take 5 breaths and repeat on the opposite side (right knee crossed on the outside of the left foot, head turned so eyes can see to the right) for 5 breaths.</p> |
|--|--|

| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <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. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 the 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. |

| 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.

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|--|--|
| | Warm-Up 1: Toe Walks Warm-Up 2: Heel Scoops Warm-Up 3: Quad Stretch Warm-Up 4: Heel Walks |
|--|--|

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. The 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 a sandbell in front of a player on one side of the circle, 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 sandbells, moving their feet back into a push-up position, jumping back in, and standing up while picking up the sandbells to pass them to the right. • Players repeat this process until the sandbells make it back to where they started. |

| Relay Race (15 min.) | |
|-----------------------------|--|
| Setup | Set up an 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. • Place an end cone 50 feet away from each start cone. • The first player on 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 work on offensive and defensive skills.</p> <ul style="list-style-type: none"> • Divide players into 2 teams. Give all players waist flags to wear, and 1 team pinnies to wear. • Teams start on either side of the field. • When the coach says “Go,” players 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 players run to the other team’s side, their flags can be pulled. • If a player’s flag is pulled, they go to the sideline and perform jumping jacks, push-ups, or planks to get back in the game. • When a player is able to run past the other team and make it to the hula hoop, they are safe, and their flags cannot be pulled. If they are able to 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. They are stuck there until one of their teammates comes and saves them and walks them back to their team’s side. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Student's should be calm and quiet before beginning. Conduct the activity for 45 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 mind as they form, detach, and pop or float away.</p> |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length. 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 them straight. <p>Take 2 breaths by the time you extend your legs and 6 breaths with your legs extended. Then lift your feet from the floor, draw your knees toward your ears, and 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 in as close to 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 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. |

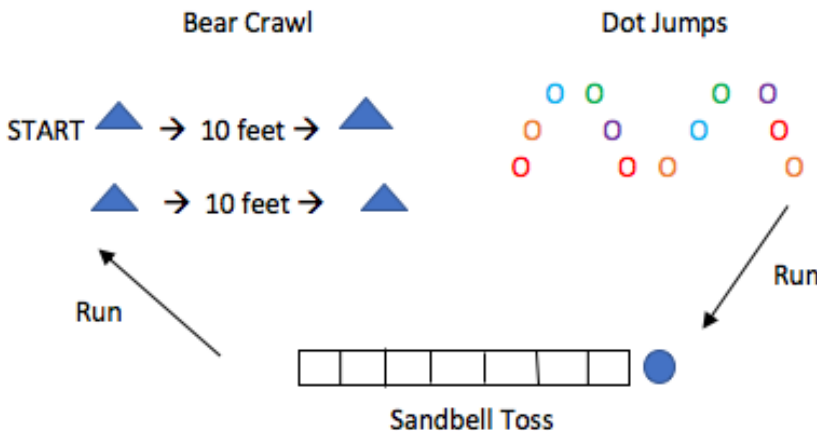
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| | <ul style="list-style-type: none"> • Cross your right foot on the outside of your left thigh. • Bring your left foot back beside your right hip. • Place the fingertips of your right hand behind you. • Hug your left knee to your chest. • Inhale, sitting up tall. • Exhale, twisting to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip, fingertips of your left hand behind you, hugging your right knee into your chest and twisting to the left) and hold for 5 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 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. Repeat on the opposite side. 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. |

| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Short Cones • 9 Hula Hoops • 9 Beanbags Of Color A • 9 Beanbags Of Color B | <ul style="list-style-type: none"> • 4 Short Cones • 1 Sandbell • 12 Dots/Poly Spots • 1 Agility Ladder | <ul style="list-style-type: none"> • 2 Pinnies • 18 Dodgeballs • Short Cones |

| Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back. | |
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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees |

| Fitness Stations & Game (20 min.) | |
|--|---|
| Stations (10 min.) | Station 1: Plank Rotations Station 2: Hand Walks Station 3: Flutter Kicks Station 4: Kickouts <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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.) | Tic Tac Toe <ul style="list-style-type: none"> • Create a 3x3 grid (9 squares) using the hula hoops, and divide players into 2 teams. • Divide the beanbags evenly between the teams, and be sure each team has a specific color. For example, team A's bags might be green. while team B's bean bags are red. • Standing 10 feet away, the first players om each team pick up a beanbag of their color and toss it into one of the hula hoops in the grid. • Each player after takes a turn tossing a beanbag until one team is able to get 3 bean bags in a row (vertical, horizontal or diagonal). • Variations: Create an obstacle course for students to run through before tossing a beanbag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc. |

| Obstacle Course (15 min.) | |
|----------------------------------|--|
| Setup and Instructions | <p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Form 2 lines behind the start cone. Before leaving the start cone, the first player from each line does a back-to-back wall sit and holds for 15 seconds. Players then bear-crawl from the start cone to the end cone. Next, the players jump with two feet in a zig-zag pattern, landing on each dot. Players then run to opposite sides of the ladder. One player picks up the sandbell and gently tosses it to their partner. Players toss it back and forth to each other while sideways shuffling down and back up the ladder. One player puts the sandbell back at the start of the ladder before sprinting with their partner back to the start of the course. Players should go through course at least twice.</p> |
| Diagram |  |

| PE Game: Dr. Dodgeball (15 min.) | |
|---|---|
| Setup | Set up a field of play, and create a midline with cones to divide the field. |
| Game Instructions | <p>Goal of the game: To throw balls at targets while dodging balls.</p> <ul style="list-style-type: none"> • Divide players into 2 teams. Each team gets a doctor, who wears a pinnie. • Have teams stand on opposite sides of the field and give each of the teams half of the dodgeballs. • When the coach says “Go,” players grab balls and throw them at the other team, while staying on their half of the field. • Players who are hit from the shoulders down have to sit down where they were hit and wait for the doctor to save them. |

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| | <ul style="list-style-type: none"> Doctors can tag players who are sitting down to get them back in the game. Doctors are not targets, and cannot be out. If a player catches a thrown ball, the thrower is out and sits down to wait for their team's doctor. Play continues until all of one team's players are out. Variations: The rule about being hit from the shoulders down can be changed to waist down. Doctors can be out, or have 3 lives. |
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| Mindfulness (45 sec.) | |
|------------------------------|---|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length. 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 | <ol style="list-style-type: none"> 1. Cobra Pose <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, so the tops of your feet are on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows back to your body. • Press the tops of your feet and thighs into the floor. • Straighten your arms to lift your chest off the floor. <p>Hold for 5 breaths.</p> |

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| | <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to your torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift your buttocks off the floor until your thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over your knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 |

the opposite side.

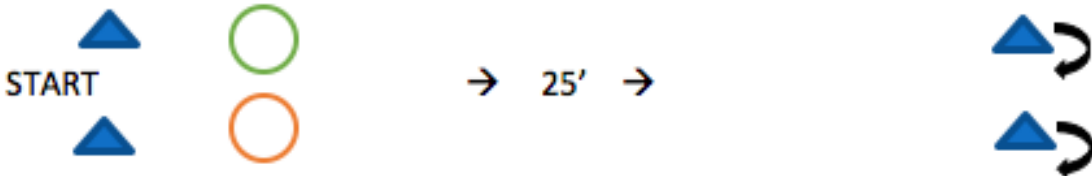
4. Toe Touch Twists

- 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.

| 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. | |
|---|--|
| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: High Knees |

| Fitness Stations & Game (20 min.) | |
|--|--|
| Stations (10 min.) | Station 1: Plank Rotations Station 2: Hand Walks Station 3: Flutter Kicks Station 4: Kickouts <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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.) | Beanbag Tag <ul style="list-style-type: none"> • Choose one player to be “it.” 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 of play to the other without being hit by a beanbag. • 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 an 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 them line 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. The others follow. • 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 | Put one hula hoop down, and then create a circle around it with cones or dots/poly spots, about 10 feet away from the 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. Select 1 player to be the king or queen and 1 player to be the bodyguard. • The king or queen stands in the hula hoop, and the bodyguard stands right outside the hula hoop. • The rest of the group will stand outside the circle. • The king/queen stays standing and the guard moves around the hula hoop. • Players throw the ball and try to hit the king/queen. The king/queen has to 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—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. In bigger groups, 2 balls can be used. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 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, run in place, or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their hearts. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeat 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 or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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. Downward-Facing Dog</p> <ul style="list-style-type: none"> The pose has the head down, the weight of the body on the palms and the feet. The arms are stretched straight forward, shoulder width apart. The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold your right ankle with your left hand, take 3 breaths, then switch to holding your left ankle with your right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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, so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose, with your left knee brought to your left wrist, and take 5 breaths.</p> <p>3. Lizard Pose</p> |

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| | <ul style="list-style-type: none"> • Begin in Downward-Facing Dog. • On an exhale, move your right foot forward to the outside (pinky finger) edge of your right hand. Both arms should be to the left of your right leg. • Lower your left knee 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 length. 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 your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the opposite side. 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. |

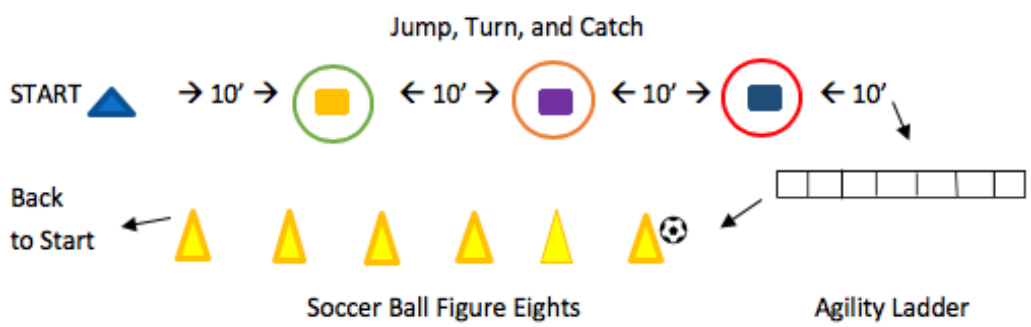
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|--|---|--|
| | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • Dodgeballs (1 Per Pair) | <ul style="list-style-type: none"> • 1 Short Cone • 3 Hula Hoops • 3 Beanbags • 1 Agility Ladder • 1 Soccer Ball • 6 Tall Cones | <ul style="list-style-type: none"> • 1 Playground Ball • 5 Dots/Poly Spots |

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

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| | Warm-Up 1: Skip Forward and Backwards Warm-Up 2: Side Shuffle Warm-Up 3: Butt Kickers Warm-Up 4: Sprint |
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Fitness Stations & Game (20 min.)

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|---------------------------|--|
| Stations (10 min.) | Station 1: Step-Ups Station 2: In In Out Out Station 3: Liners Station 4: Squats <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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.) | Head, Shoulders, Knees, Toes, Ball! <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • The coach says, “Head,” “Shoulders,” “Knees,” or “Toes,” in any order. • Players touch whichever part of their body the coach calls out. • When the coach yells, “Ball!”, players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. * Coach should encourage students to pick different exercises. |

| Obstacle Course (15 min.) | |
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| Setup and Instructions | <p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One person at a time starts the course. Players run to the first hula-hoop, pick up a beanbag, and throw it up high in the air. Immediately after throwing the beanbag in the air, players jump and spin 360 degrees, then try to catch the beanbag before it hits the ground. They get three tries to catch the beanbag at each hula-hoop. Players should run between hula-hoops. From the last hula-hoop, players run to the agility ladder, where a coach tells them how to go through the ladder (e.g., hop on one foot, hop scotch, two feet in and two feet out, etc.). Next, players kick a soccer ball in figure-eights around the tall cones to the end of the course.</p> |
| Diagram |  <p style="text-align: center;">Jump, Turn, and Catch</p> <p style="text-align: center;">START → 10' → (Green Circle with Yellow Square) ← 10' → (Orange Circle with Purple Square) ← 10' → (Red Circle with Blue Square) ← 10' ↓</p> <p style="text-align: center;">Back to Start ← [Soccer Ball] ← [Agility Ladder]</p> <p style="text-align: center;">Soccer Ball Figure Eights</p> <p style="text-align: center;">Agility Ladder</p> |

| PE Game: Kickball (15 min.) | |
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| Setup | Using dots/poly spots, set up a kickball field with 4 bases and 1 pitcher's mound. |
| Game Instructions | <p>Goal of the game: To kick the ball and make it around the bases without getting out, while also fielding the ball to get the other team out.</p> <ul style="list-style-type: none"> • Baseball rules apply. • The pitcher (who can be the coach, a player from the fielding team, or a player from their own team) rolls the ball to the kicker. • The kicker kicks the ball and tries to make it to a base without getting out. To get a player out, the fielding team must tag them with the ball or step on the base while holding the ball before the runner gets to the base. • When a team has 3 outs, they switch. The fielding team becomes the kicking team. • Variations: With younger players, the game can be played without a pitcher, and the ball can be placed on home plate for the kicker to kick it from there. Bases can be moved closer or farther apart. You can also play with the “everyone kicks” rule, under which everyone kicks each time and teams don’t switch at 3 outs. |

| Mindfulness (45 sec.) | |
|------------------------------|--|
| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongues pressed against the back of their top teeth during the entire sequence of breath.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through their mouths and then close their mouths. • Breath in through their noses for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouths (with whooshing sound) for a count of 8. • Close their mouths and repeat all steps 4 times. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length. 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. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace the hands behind the back. • Set your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> • 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.) • Separate your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and press your knees into your |

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| | <p>elbows. Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on your back), bend your left knee and cross it on the outside of the right foot. • Use your hand to put slight pressure on your left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend your arms into a T, perpendicular to your torso. • Turn the head so your eyes can see to the left. <p>Take 5 breaths and repeat on the opposite side (right knee crossed on the outside of the left foot, head turned so eyes can see to the right) for 5 breaths.</p> |
|--|---|

| Cooldown Stretches (5 min.) | |
|------------------------------------|---|
| Setup | Group students at arm's length. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <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. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 the 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. |

| 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 Agility Ladders • 4 Sandbells | <ul style="list-style-type: none"> • 4 Tall Cones • 4 Ankle Bands | <ul style="list-style-type: none"> • Short Cones • Dots/Poly Spots • Dodgeball Or Beanbag (1 Per Field) • Pinnies |

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: Skip Forward and Backwards</p> <p>Warm-Up 2: Side Shuffle</p> <p>Warm-Up 3: Butt Kickers</p> <p>Warm-Up 4: Sprint</p> |
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Fitness Stations & Game (20 min.)

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| Stations (10 min.) | <p>Station 1: Step-Ups</p> <p>Station 2: In In Out Out</p> <p>Station 3: Liners</p> <p>Station 4: Squats</p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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>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, and the player in the 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. • Players continue passing the sandbell over or under until it reaches the end of the line, at which time 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 an 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. • Place an ankle band at each team's start cone, and put an end cone 20 feet away from each start cone. • The first player from each team puts the ankle band around both ankles and runs to the end cone. • 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. |

| PE Game: Ultimate Anything (15 min.) | |
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| Setup | 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. |
| Game Instructions | <p>Goal of the game: To throw the item to teammates and have them catch the items in the end zone.</p> <ul style="list-style-type: none"> • This game is similar to handball, football and ultimate frisbee. • Divide players into teams of 4–7 and give half the teams pinnies to wear. • Have 1 team start with an item either a beanbag or ball. • If a player has the item, they can only take 3 steps before throwing it. • To score, a team must catch the ball in the other team's end zone. • If the item is dropped or the other team intercepts it, it changes possession. • Variations: Use different items, such as body loop bands, cones, sandbells, etc. |

| Mindfulness (45 sec.) | |
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| Setup | Group students at arm's length. Student's should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is 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. • Then, tell them to squeeze every single muscle in their bodies 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 bodies are feeling throughout the activity. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class or if time permits you can do both. | |
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| Setup | <p>Group students at arm's length. Student's 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. Downward-Facing Dog</p> <ul style="list-style-type: none"> • The pose has the head down, the weight of the body on the palms and the feet. • The arms are stretched straight forward, shoulder width apart. • The feet are a foot apart, the legs are straight, and the hips are raised as high as possible. <p>Take 5 breaths. Hold your right ankle with the left hand, take 3 breaths, then switch to holding your left ankle with your right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> • From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the 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, so your heel is pointing up to the ceiling. <p>Take 5 breaths, move to Downward-Facing Dog, then switch to Pigeon Pose, with your left knee brought to your left wrist, and take 5 breaths.</p> |

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| | <p>3. Lizard Pose</p> <ul style="list-style-type: none"> • Begin in Downward-Facing Dog. • On an exhale, move your right foot forward to the outside (pinky finger) edge of your right hand. Both arms should be to the left of your right leg. • Lower your left knee 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 move your feet up to your hands and unroll your spine upward until you are standing.</p> |
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| Cooldown Stretches (5 min.) | |
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| Setup | Group students at arm's length. Complete each stretch twice. |
| Cooldown Stretches | <p>1. Flamingo Stretch</p> <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. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. 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 the 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. |

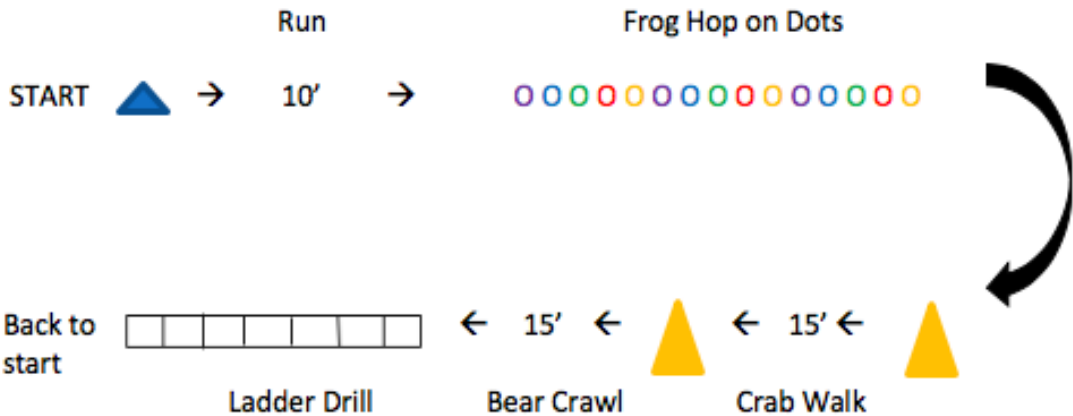
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Obstacle Course</u> | <u>PE Game</u> |
|-----------------------------|--|--|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • Battle Ropes | <ul style="list-style-type: none"> • 1 Short Cone • 15 Dots/Poly Spots • 1 Agility Ladder • 2 Tall Cones | <ul style="list-style-type: none"> • Short Cones |

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

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| | Warm-Up 1: Walking Arm Circles Warm-Up 2: High Kicks Warm-Up 3: Knee Hugs Warm-Up 4: Bear Crawls |
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Fitness Stations & Game (20 min.)

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| Stations (10 min.) | Station 1: Incline Push-Ups Station 2: Side Plank Station 3: Bicycles Station 4: Inchworms <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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.) | Tug o' War <ul style="list-style-type: none"> • Players divide into teams and line up on opposite ends of the balance rope. • When the coach blows the whistle, teams try to pull the opposite team toward them. • Play continues until one team has successfully pulled all the players from the other team to their side. |

| Obstacle Course (15 min.) | |
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| Setup and Instructions | <p>Set up an obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One player at a time starts the course. From the start cone, players run to the first dot, where they get into frog position. Players perform 1 frog hop to the next dot and repeat until the end of the dots. From the dots, players run to the first tall cone, crab-walk to the second-tall cone, and bear-crawl to the ladder. At the ladder, they perform a ladder drill, then run back to the start to repeat the process. Players should complete the course at least twice.</p> |
| Diagram |  |

| PE Game: TV Show/Movie Tag (15 min.) | |
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| Setup | Set up a field of play. If necessary, use cones to mark off boundaries. |
| Game Instructions | <p>Goals of the game: To Use locomotor skills to tag others and avoid being tagged, and to work on communicating with others.</p> <ul style="list-style-type: none"> • In this tag game, everyone is “it.” • Players try to tag each other to freeze one another. • When a player is tagged first, they must freeze in place until someone comes by and tells them a TV show or movie they like. Then the frozen player must say a different TV show or movie. Once they share they are free to go. • When players are helping each other, they cannot be tagged. • Variations: Players can stick to categories of TV shows or movies, or they can choose other categories, such as animation, superheroes, animals, etc. |

| Mindfulness (45 sec.) | |
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| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds. |
| Mindfulness Practice | <p style="text-align: center;">Bell Ringing</p> <ul style="list-style-type: none"> • “Please get into your ‘mindful bodies’ – still and quiet, sitting upright, eyes closed.” • “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.” • Ring a “mindfulness bell,” or have a student ring the bell. Use a bell with a sustained sound or a rain stick to encourage mindful listening. • “Please raise your hand when you can no longer hear the sound.” • 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 ...” • Ring the bell to end. |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|--|
| Setup | <p>Group students at arm's length. 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. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, so the tops of your feet are on the floor. • Spread your hands on the floor under your shoulders. • Hug your elbows against your body. • Press the tops of your feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side so they are perpendicular to your torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on the opposite side (head turned to the right and right leg</p> |

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| | <p>rolling over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift your buttocks off the floor until your thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over your knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
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| Setup | Group students at arm's length. 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 your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the 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. |

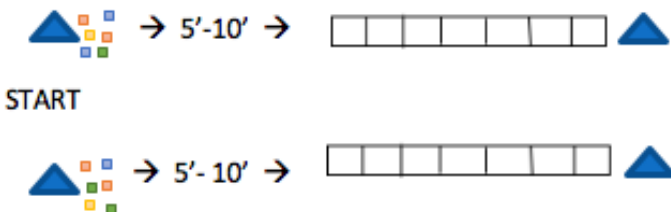
| Class Equipment List | <u>Fitness Stations & Game</u> | <u>Relay Race</u> | <u>PE Game</u> |
|-----------------------------|---|---|---|
| | <ul style="list-style-type: none"> • 4 Tall Cones • Dots/Poly Spots • Beanbags | <ul style="list-style-type: none"> • 4 Short Cones • 30 Beanbags • 2 Agility Ladders | <ul style="list-style-type: none"> • Hula Hoop (1 Per Team) • Playground Ball Or Dodgeball (1 Per Team) |

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

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| | Warm Up 1: Walking Arm Circles Warm Up 2: High Kicks Warm Up 3: Knee Hugs Warm Up 4: Bear Crawls |
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Fitness Stations & Game (20 min.):

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|---------------------------|--|
| Stations (10 min.) | Station 1: Incline Push-Ups Station 2: Side Plank Station 3: Bicycles Station 4: Inchworms <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. The 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.) | Dots and Beanbags Race <ul style="list-style-type: none"> • Divide the players into 2 teams. Give 1 team the dots and the other team the beanbags. • When the coach blows the whistle, the team with the dots places the dots in random locations on the field, and then returns to the start area. The members of the other team close their eyes while the dots are being placed. • Once the first team finishes placing the dots, the team with the bean bags runs out and places one beanbag on every dot, and then returns to the start area. • The goal is for each team to complete its task as quickly as possible. The coach should be timing how long it takes each team to finish placing dots or beanbags. • Do a couple of rounds so that both teams have the opportunity to place dots and beanbags. • Variation: You can change it up by asking teams to perform other movements when placing dots and beanbags, such as hopping, skipping, or running backward. |

| Relay Race (15 min.) | |
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| Setup | Set up an obstacle course or relay in a space that accommodates the size of the group. |
| Relay Instructions | <ul style="list-style-type: none"> • Divide players into even lines. Each team should have at least 15 beanbags in front of the short cone. • When the coach blows the whistle, the first player in each line picks up a beanbag and tries to toss it into the first box of the ladder. If that player's beanbag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. The second player in line then picks up another beanbag and tries to toss it into the second box of the ladder. • If players miss the appropriate box, they run to collect the beanbags they threw, bring them back to the team, perform 5 push-ups, and then get in the back of the line. This repeats until all boxes of the ladder have a beanbag. • If players have not made it to the cheering team and all the boxes have been filled, repeat steps, starting with box 1. In this case, there may be more than one beanbag in each box. |
| Diagram |  |

| PE Game: Passing Relay (15 min.) | |
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| Setup | Teams will line up and have a hula hoop at the end of each line. |
| Game Instructions | <p>Goal of the game: To throw and catch with accuracy.</p> <ul style="list-style-type: none"> • Divide players into equal teams. • Each team stands in a line, with players on that team at arm's length from each other. • The first player in the line starts with a ball, and the last player in the line is at the hula hoop. • When the coach says "Go," the first player in line tosses the ball to the second player, and that player will turn and toss the ball to the third player. This continues until the last player in line catches the ball and places it in the hula hoop. • Variations: More balls and beanbags can be used. Players can also space themselves farther apart to make it more difficult. For older players, if a ball is dropped, that ball has to start over at the beginning. |

| Mindfulness (45 sec.) | |
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| Setup | Group students at arm's length. Students should be calm and quiet before beginning. Conduct the activity for 45 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 mind as they form, detach, and pop or float away.</p> |

| Stretching (5 min.): Please choose the yoga stretches or cooldown stretches below to finish class. If time permits, you can do both. | |
|---|---|
| Setup | <p>Group students at arm's length. 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 them straight. <p>Take 2 breaths by the time you extend your legs and 6 breaths with your legs extended. Then lift your feet from the floor, and draw your knees toward your ears, and 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 in as close to 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 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. |

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| | <ul style="list-style-type: none"> • Cross your right foot on the outside of your left thigh. • Bring your left foot back beside your right hip. • Place the fingertips of your right hand behind you. • Hug your left knee to your chest. • Inhale, sitting up tall. • Exhale, twisting to the right from the base of your spine. <p>Hold for 5 breaths, switch sides (left foot on outside of right thigh, right foot beside left hip, the fingertips of your left hand behind you, hugging the right knee to the chest and twisting to the left) and hold for 5 breaths.</p> |
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| Cooldown Stretches (5 min.) | |
|------------------------------------|--|
| Setup | Group students at arm's length. 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 your hands behind your body and interlock your fingers. Once they are interlocked, see how far you can bring your arms up. 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 the opposite side. 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. |