

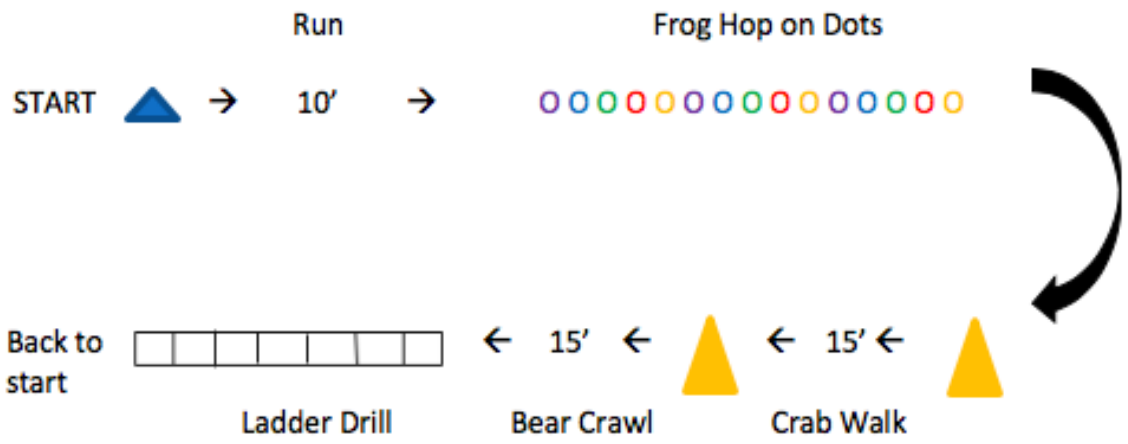
<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Games</u></b>	<b><u>Obstacle Course</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Sandbells</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Short Cone</li> <li>• 15 Dots/Poly Spots</li>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

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

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

<b>Stations (10 min.)</b>	<b>Station 1:</b> Standup Bicycles <b>Station 2:</b> Front Plank <b>Station 3:</b> Dead Bugs <b>Station 4:</b> Plank High 5's <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. Each station should be approximately 25 feet apart.</li> <li>• Divide the players into 4 small groups—1 group per station.</li> <li>• All players begin at the same time by performing the fitness skill at their station for 30 seconds. When time is up, players can rotate by skipping, jogging, hopping, or running to the next station.</li> <li>• Players should complete each station at least 3 times.</li> </ul>
<b>Game (10 min.)</b>	<b>Hot Potato with Sandbells</b> <ul style="list-style-type: none"> <li>• Players sit or stand in a circle; 2 players opposite each other start with a sandbell.</li> <li>• When the coach blows the whistle, players pass the sandbell around the circle.</li> <li>• When the coach says STOP, the 2 players with a sandbell must do 5 push-ups.</li> <li>• Play until all or most of the players have been caught with the “hot potato” and performed 5 push-ups.</li> </ul>

<b>Obstacle Course (15 min.)</b>	
<b>Setup and Instructions</b>	<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, perform a ladder drill. Run back to the start to repeat. Players should complete the course at least twice.</p>
<b>Diagram</b>	

<b>PE Game: Red Light, Green Light (15 min.)</b>	
<b>Setup</b>	Set up a field of play. Use cones, if necessary, to mark boundaries.
<b>Game Instructions</b>	<p>Goal of the game is to work on listening and locomotor skills.</p> <ul style="list-style-type: none"> <li>• Coach stands in front of all players and calls out instructions. <ul style="list-style-type: none"> <li>○ Green light - players quickly move forward toward teacher. Teacher calls out how they move: skip, hop, jog, side shuffle, high knees, etc.</li> <li>○ Yellow light - players slowly move toward teacher. Teacher calls out how they move: walk, lunges, crab walk, etc.</li> <li>○ Red light - players stop and do a movement in place. Teacher calls out movement: squat hold, plank, push-ups, etc.</li> </ul> </li> <li>• If players continue to move when red light is called, they must do an extra movement: 5 burpees, 5 push-ups, 10 jumping jacks, etc.</li> <li>• When all players reach the opposite end of the field, coach can start a new round.</li> <li>• Variations: Players can pick the movement for the different colored lights.</li> </ul>

<b>Mindfulness (30 sec.)</b>	
<b>Setup</b>	Group students at arm's length. Students should be calm and quiet before beginning. Complete the activity for 30 seconds.
<b>Mindfulness Practice</b>	<p style="text-align: center;"><b>Mindful Bubbles</b></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>

<b>Stretching (5 min.):</b> Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits, you can do both.	
<b>Setup</b>	<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>
<b>Yoga Stretches</b>	<p>1. Plow Pose</p> <ul style="list-style-type: none"> <li>• Lie flat on your back with your legs extended and your arms at your sides, palms down.</li> <li>• Use your stomach muscles to lift your legs and hips up toward the ceiling.</li> <li>• Bring your torso perpendicular to the floor.</li> <li>• Straighten your legs and slowly lower your toes to the floor behind your head with your legs fully extended.</li> <li>• 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.</li> </ul> <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"> <li>• From a seated position, bend your knees so that the soles of your feet touch each other.</li> <li>• Bring your heels as close in toward your body as possible.</li> <li>• Wrap your hands around your feet or ankles.</li> <li>• Gently press your forearms or elbows into your thighs so that the knees move toward the floor.</li> <li>• Fold forward from your hips, so your chest moves toward the floor.</li> </ul> <p>Hold for 6 breaths.</p> <p>3. Seated Spinal Twist</p> <ul style="list-style-type: none"> <li>• Sit up straight with both legs out in front of you.</li> </ul>

	<ul style="list-style-type: none"> <li>• Cross your right foot to the outside of your left thigh.</li> <li>• Bring your left foot back beside your right hip.</li> <li>• Place your right fingertips behind you.</li> <li>• Hug your left knee into your chest.</li> <li>• Inhale and sit up tall.</li> <li>• Exhale and twist to the right from the base of your spine.</li> </ul> <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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<b>Cooldown Stretches (5 min.)</b>	
<b>Setup</b>	Group students at arm's length. Complete each stretch twice.
<b>Cooldown Stretches</b>	<ol style="list-style-type: none"> <li>1. Arm Stretches Across Body <ul style="list-style-type: none"> <li>• 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.</li> </ul> </li> <li>2. Arm Stretches Behind Body <ul style="list-style-type: none"> <li>• Put hands behind body and interlock fingers. Once interlocked, see how far you can bring up arms. Hold for 30 seconds.</li> </ul> </li> <li>3. Side Reach <ul style="list-style-type: none"> <li>• Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat with opposite side.</li> </ul> </li> <li>4. Toe Touch Twists <ul style="list-style-type: none"> <li>• With your feet wide apart, touch your right hand to your left foot and twist your left arm to the sky. Hold for 30 seconds. Switch sides and repeat.</li> </ul> </li> </ol>