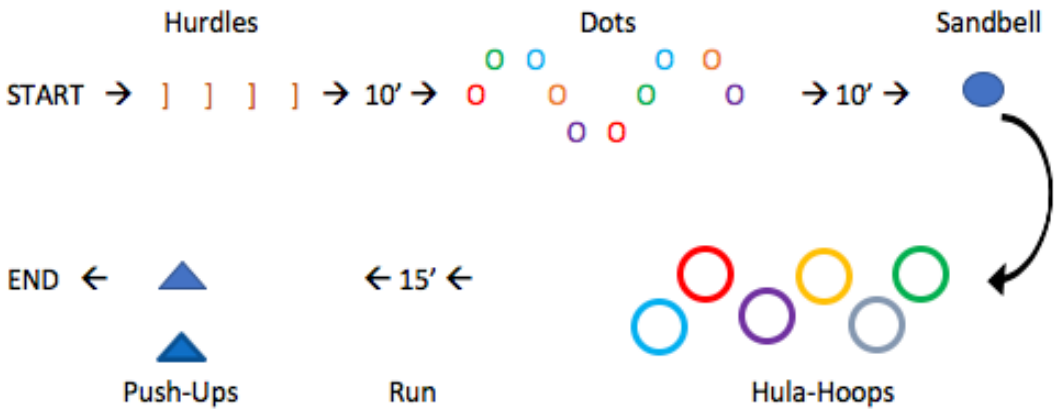


Class Equipment List	<u>Fitness Stations & Games</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • 2 Sandbells 	<ul style="list-style-type: none"> • 4 Hurdles • 10 Dots/Poly Spots • 1 Sandbell • 6 Hula Hoops • 2 Short Cones 	<ul style="list-style-type: 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. 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.)	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 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 racetrack. A basketball court works great for the track. Spread out the 6 cones around the racetrack.</p>
Game Instructions	<p>Goal of the game is to work on 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; have each team sit behind a cone toward the inside of the track. • Choose a direction for the players to run their lap. • Have a first player on each team stand in the racetrack. • 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, and players could practice a locomotor skill while moving around the track, such as speed walking, skipping, hopping, side stepping, galloping, etc.

Mindfulness (30 sec.)	
Setup	Group students at arm's length. Students should be calm and quiet before beginning. Complete the activity for 30 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. 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 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.

	<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 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 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. 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 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.