

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"> • 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: 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

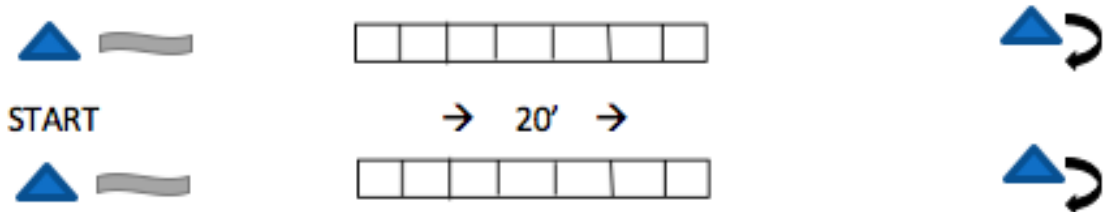
Station 4: Squats

- 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 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 into 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: What Time Is It, Mr. Fox? (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"> • Goal of the game is to build quickness and avoid being tagged. • Every player puts on a waist flag, except for Mr. Fox. • Choose 1 player to start off as Mr. Fox, who stands at one end of the field, while all other players stand together at the other end. • A player calls out “What time is it, Mr. Fox?”, who responds with a time, such as “6 o'clock.” The player who called out to Mr. Fox takes that many steps (i.e., 6) toward Mr. Fox. • Have players take turns calling out “What time is it, Mr. Fox?” several times, and make sure Mr. Fox changes his/her answers, so the players are spread out through the playing area. • Mr. Fox at any time may choose to respond with “Lunchtime,” and then chase players back toward the end of the field and try to pull their waist flags as they try to evade Mr. Fox.

	<ul style="list-style-type: none"> • Players whose flags are pulled join the original Mr. Fox for the next rounds. • Play until all players are caught. • Variations: May start with more than 1 Mr. Fox.
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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;">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	Group students at arm's length. Students should be calm and quiet before beginning. 1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breath.
Yoga Stretches	<p>1. 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>
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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.