

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 • 14 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.)

Station 1: Step Ups

Station 2: In In Out Out Ladder

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.)

Dots and Bean Bags Race

- Divide the players into 2 teams and give one team the dots and the other 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. 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.)	
<p>Setup and Instructions</p>	<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>
<p>Diagram</p>	<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 a ladder with 5 rungs. Another 'Run' section of 20 feet follows. The next station is 'One-Legged Hops on Dots', represented by a zig-zag pattern of 12 colored dots. This is followed by 'Hurdles', shown as four blue brackets. A 'Playground Ball Toss' station is marked with a red dot. An arrow labeled 'Back to Start' indicates the return path to the beginning of the course.</p>

PE Game: Turtle Tag (15 min.)	
<p>Setup</p>	<p>Set up a field of play. Use cones if necessary to mark boundaries.</p>
<p>Game Instructions</p>	<p>Goal of the game is to build quickness 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 stay in their shell for 5 seconds. • When players get tagged, they must lie on their back and stick their hands and legs in the air, pretending to be a turtle on its back. • Tagged players remain as turtles on their backs until someone comes to tag them again and return them to running. • Variations: Instead of everyone being it, game could have 3–4 taggers. Taggers could tag with a foam ball. Change taggers every 5 minutes.

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	Mindful Bubbles 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.

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. 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 out 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; 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</p>

	the feet up to the hands and unroll the spine upward until standing.
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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 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 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.