

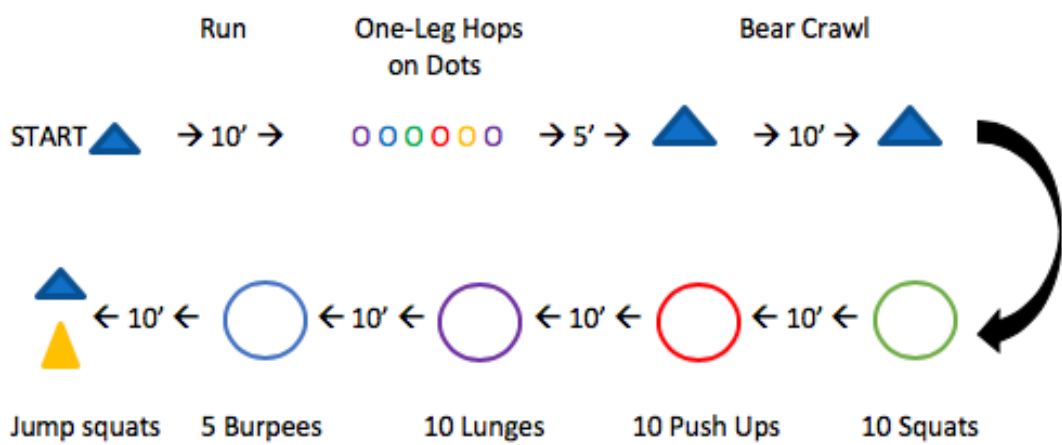
Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • Dodgeballs (1 per pair) 	<ul style="list-style-type: none"> • 4 Short Cones • 6 Dots/Poly Spots • 4 Hula Hoops • 1 Tall Cone 	<ul style="list-style-type: none">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

	<p>Warm Up 1: Toe Walks</p> <p>Warm Up 2: Heel Scoops</p> <p>Warm Up 3: Quad Stretch</p> <p>Warm Up 4: Heel walks</p>
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Fitness Stations & Game (20 min.)

Stations (10 min.)	<p>Station 1: Squat Holds</p> <p>Station 2: Spider Lunges</p> <p>Station 3: Single Leg Balance</p> <p>Station 4: Shoulder Taps</p> <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.)	<p style="text-align: center;">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.)	
<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 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 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. Players return to the start line to repeat the course. Players should complete course at least twice.</p>
<p>Diagram</p>	

PE Game: Catch and Step (15 min.)	
<p>Setup</p>	<p>A large space, field or blacktop works best.</p>
<p>Game Instructions</p>	<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, non-dominant hand throwing, or tricks like under the leg, sitting down, 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;">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 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	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.