

Class Equipment List	<u>Fitness Stations & Game</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 16 Dodgeballs 	<ul style="list-style-type: none"> • 4 Short Cones • 2 Personal Parachutes 	<ul style="list-style-type: none"> • Dodgeball (1 per 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>

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>Frogger</p> <ul style="list-style-type: none"> • Divide the players into 3 groups: 1 group of “frogs” and 2 groups of throwers. • Have the thrower groups stand on opposite sides of the field of play and give each thrower group 8 dodgeballs. • The frogs should stand to the side of the field, ready to frog jump across. • When the coach blows the whistle, the frogs begin frog jumping from one side of the field to the other, trying not to get hit with a dodgeball along the way. • Frogs who are hit must run to the sideline. • Game restarts when all frogs have been hit. Be sure to rotate groups so that all players have a chance to be a frog.

Relay Race (15 min.)	
Setup	Set up obstacle course or relay in a space that accommodates the size of the group.
Relay Instructions	<ul style="list-style-type: none"> • Divide the players into 2 teams, and have each team line up behind a start cone. • Place an end cone 50 feet away from each start cone. • The first player for each team straps a personal parachute around his/her waist. • When the coach blows the whistle, the first player runs to the end cone and back to the start as fast as possible. • Once back at the start cone, the first player takes the personal parachute off and transfers it to the next player in line. • This continues until all players on the team have gone.

PE Game: Keep It Up (15 min.)	
Setup	Set up a field of play. If necessary, use cones to mark off boundaries. Create groups of 4–6 players.
Game Instructions	<p>Goal of the game: Keep the ball in the air with hands.</p> <ul style="list-style-type: none"> • Divide players into groups and give each group a dodgeball. • Each team should count how many hits players can get in a row before the ball hits the ground. Players are not allowed to catch the ball. • When the ball hits the ground, players must restart count. • Variations: Increase difficulty by letting players use only use their feet, head, or elbows.

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;">Body Scan</p> <p>The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.</p> <ul style="list-style-type: none"> • Have your kids lie down on their back on a comfortable surface and close their eyes. • Then, tell them to squeeze every single muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone. • After a few seconds, have them release all their muscles and relax for 20–30 seconds. • Encourage them to think about how their body is feeling throughout the activity.

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>
Yoga 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. • 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 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,</p>

left fingertips behind you, hug the right knee into the chest, and twist to the left), and hold for 5 breaths.

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.