

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 • 2 Agility Ladders • 9 Hula Hoops • 9 Bean Bags of Color A • 9 Bean Bags of Color B 	<ul style="list-style-type: none"> • 1 Short Cone • 3 Hula Hoops • 3 Bean Bags • 1 Agility Ladder • 1 Soccer Ball • 6 Tall Cones 	<ul style="list-style-type: none"> • 1 Dodgeball

Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.

Warm Up 1: Skip Forward and Backwards

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

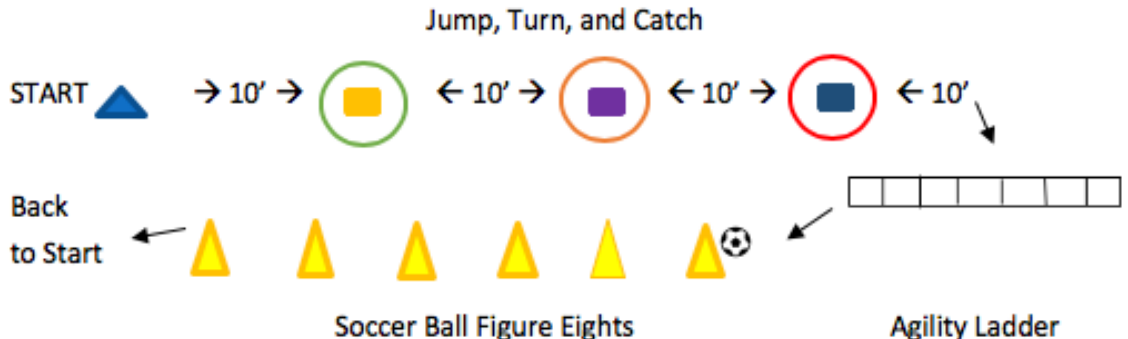
Station 4: Squats

- 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.)**

Tic Tac Toe

- Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams.
- Divide the bean bags evenly between the teams and be sure each team has a specific color. For example, team A's bags might be green, while team B's bean bags are red.
- Standing 10 feet away, the first players of each team pick up their color bean bag and toss it into one of the hula hoops in the grid.
- Each player after takes a turn tossing a bean bag until one team is able to get 3 bean bags in a row (vertical, horizontal or diagonal).
- Variations: Create an obstacle course to run through before tossing bean bag into a square. For example: jumping over hurdles, ladder drills, frog hops on dots, etc.

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. Players run to the first hula hoop, pick up a bean bag, and throw it up high in the air. Immediately after throwing the bean bag in the air, players jump and spin 360 degrees and then try to catch the bean bag before it hits the ground. They get three tries at each hula hoop to catch the bean bag. Players should run between hula hoops. From the last hula hoop, players run to the agility ladder where a coach tells them how to go through the ladder (e.g., hop on one foot, hopscotch, two feet in and two feet out, etc.). Next, players kick a soccer ball in figure eights around the tall cones to the end of the course.</p>
Diagram	 <p style="text-align: center;">Jump, Turn, and Catch</p> <p>START → 10' → (Green Circle with Yellow Square) ← 10' → (Orange Circle with Purple Square) ← 10' → (Red Circle with Blue Square) ← 10' ↓</p> <p>Back to Start ← (Five Yellow Triangles) ← Soccer Ball ← Agility Ladder</p> <p style="text-align: center;">Soccer Ball Figure Eights Agility Ladder</p>

PE Game: Group Juggling (15 min.)	
Setup	Have players stand in a circle.
Game Instructions	<p>Goal of the game: Throw the ball, so a classmate can catch it. Underhand throws work best.</p> <ul style="list-style-type: none"> One player starts with the ball and throws it to a player across the circle. That player must catch it and then throw to a different player across the circle. This pattern continues until all players have thrown and caught the ball. Once a player throws the ball, they do not get to throw the ball until the next round. For example: Player A throws to Player B and Player B throws to Player C. Then the last player will throw it back to Player A. Players will repeat this pattern, getting faster and faster. Variations: Players can be timed to see how fast they can throw the ball, add in more balls, 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;">Mindful Posing</p> <p>One easy way for children to dip their toes into mindfulness is through the simple method of body poses. To get your kids interested, tell them that doing fun poses can help them feel strong, brave, and happy.</p> <p>Tell them to try one of the following two poses:</p> <ol style="list-style-type: none"> 1. The Superman: This pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out, stretching the body out as long as possible. 2. The Wonder Woman: This pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

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	<ol style="list-style-type: none"> 1. Wide-Legged Forward Fold <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> 2. Malasan (Yogi's Squat) <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.