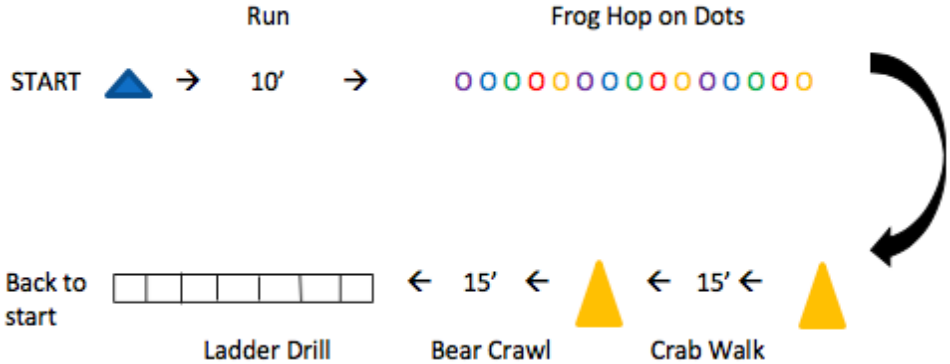


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • Dodgeballs (1 per pair) 	<ul style="list-style-type: none"> • 1 Short Cone • 15 Dots/Poly Spots • 1 Agility Ladder • 2 Tall Cones 	<ul style="list-style-type: none"> • 36 Bean Bags • 24 Dots/Poly Spots • Dodgeballs (1 per pair) • Short Cones (1 per pair)

Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	<p>Warm Up 1: Walking Arm Circles</p> <p>Warm Up 2: High Kicks</p> <p>Warm Up 3: Knee Hugs</p> <p>Warm Up 4: Bear Crawls</p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p>Station 1: Incline Push Ups</p> <p>Station 2: Side Planks</p> <p>Station 3: Bicycles</p> <p>Station 4: Inch Worms</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>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>One player at a time starts the course. From the start cone, players run to the first dot where they get into frog position. Players perform 1 frog hop to the next dot and repeat until the end of the dots. From the dots, players run to the first tall cone, crab walk to the second tall cone, and bear crawl to the ladder. At the ladder, perform a ladder drill. Run back to the start to repeat. Players should complete the course at least twice.</p>
<p>Diagram</p>	

PE Game: Spot Throwing (15 min.)	
<p>Setup</p>	<p>Create a field of play and set up cones in a line, 1 cone for every 2 players. On one half of the cone line spread out all dots/poly spots and bean bags.</p>
<p>Game Instructions</p>	<p>Goal of the game: To throw accurately to a partner.</p> <ul style="list-style-type: none"> • Put players in groups of 2. Give each group a foam ball. • One player in the group stands at the cone holding the ball, while the other player stands with one foot touching one dot/poly spot or bean bag. • When the coach says, “Go,” the player with the ball throws it to their partner. If their partner catches the ball with their foot still touching the dot/poly spot or bean bag, they pick up the dot/poly spot or bean bag and bring it back to their cone. If they miss the ball, they go back to their cone with nothing. • Then the partners switch, and one throws the ball while the other one catches. • This continues until one pair has moved all its dot/poly spots or bean bags to their cone. • Variations: Bean bags or poly spots can be worth different points or different colors can be worth different points.

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. Cobra Pose</p> <ul style="list-style-type: none"> • Lie on your belly. • Stretch your legs back, tops of the feet on the floor. • Spread your hands on the floor under your shoulders. • Hug the elbows back into your body. • Press the tops of the feet and thighs into the floor. • Straighten the arms to lift the chest off the floor. <p>Hold for 5 breaths.</p> <p>2. Spinal Twist</p> <ul style="list-style-type: none"> • Lie on your belly, head facing left. • Extend your arms to the side, so they are perpendicular to the torso. • Roll your left leg from your hip so that it crosses over your right leg. <p>Hold for 4 breaths. Repeat on opposite side (head turned to the right and right leg rolling over the left leg) and hold for 4 breaths.</p> <p>3. Bridge Pose</p> <ul style="list-style-type: none"> • Lie on your back.

	<ul style="list-style-type: none"> • Bend your knees and set your feet on the floor, heels as close to the sitting bones as possible. • Press your feet and arms into the floor. • Lift the buttocks off the floor until the thighs are about parallel to the floor. <p>Hold for 4 breaths.</p> <p>4. Happy Baby</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knees into your belly. • Grip the outsides of your feet with your hands. • Open your knees slightly wider than your torso, then bring them up toward your armpits. • Position each ankle directly over the knee, so your shins are perpendicular to the floor. <p>Hold for 6 breaths.</p>
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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. Arm Stretches Across Body <ul style="list-style-type: none"> • Bring one arm across your chest and pull on it slightly with the other hand pressing it against your chest. Hold for 30 seconds. Switch sides and repeat. 2. Arm Stretches Behind Body <ul style="list-style-type: none"> • Put hands behind body and interlock fingers. Once interlocked, see how far you can bring up arms. 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.