

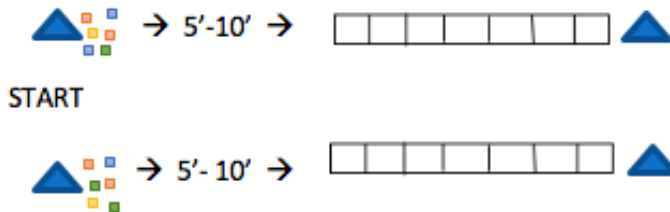
Class Equipment List	<u>Fitness Stations & Game</u>	<u>Relay Race</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 36 Bean Bags 	<ul style="list-style-type: none"> • 4 Short Cones • 30 Bean Bags • 2 Agility Ladders 	<ul style="list-style-type: none"> • 18 Dodgeballs • Short Cones

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>
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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>Bean Bag Tag</p> <ul style="list-style-type: none"> • Create a field of play by having all players stand on one side. Place a cone on the opposite end to designate a boundary line. • Choose one player to be “it” and have that player stand in the middle of the playing field with 36 bean bags. • When the coach blows the whistle, all other players try to run from one end of the field of play to the other without being hit by a bean bag thrown by the “it” player. • Players who get hit with a bean bag must perform a 5-second plank and join the “it” player in the middle to help tag more players. • The last player to get hit with a bean bag is the first “it” for the next round. <p>*Remind players that bean bags should be tossed at or below shoulder height.</p>

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 players into even lines. Each team should have at least 15 bean bags in front of the short cone. • When the coach blows the whistle, the first player in each line picks up a bean bag and tries to toss it into the first box of the ladder. If that player's bean bag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. The second player in line then picks up another bean bag and tries to toss it into the second box of the ladder. • If players miss the appropriate box, they run to collect the bean bag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line. This repeats until all boxes of the ladder have a bean bag. • If players have not made it to the cheering team and all the boxes have been filled, repeat steps starting with the first box. In this case, there may be more than one bean bag in each box.
Diagram	

PE Game: Dodgeball (15 min.)	
Setup	Set up a field of play and create a midline with cones going across to divide the field.
Game Instructions	<p>Goal of the game: To throw balls at targets while dodging balls.</p> <ul style="list-style-type: none"> • Divide players into 2 teams. • Have teams stand on opposite sides of the field and give each of the teams half of the dodgeballs. • When the coach says, "Go!", players grab the balls and throw them at the other team, while staying on their half of the field. • Players who are hit from the shoulders down go to the side. • If a player catches a thrown ball, the thrower is out. • Play continues until one team's players are all out or until time has ended. • Variations: Send players out only when hit from the waist down instead of from the shoulders down. Let players who are out return to the game after doing a certain number of jumping jacks, pushups, planks, etc., while on the sidelines.

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.

	<ul style="list-style-type: none"> • 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, left fingertips behind you, hug the right knee into the chest, and twist to the left), and hold 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. Arm Stretches Across Body</p> <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. <p>2. Arm Stretches Behind Body</p> <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. <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.