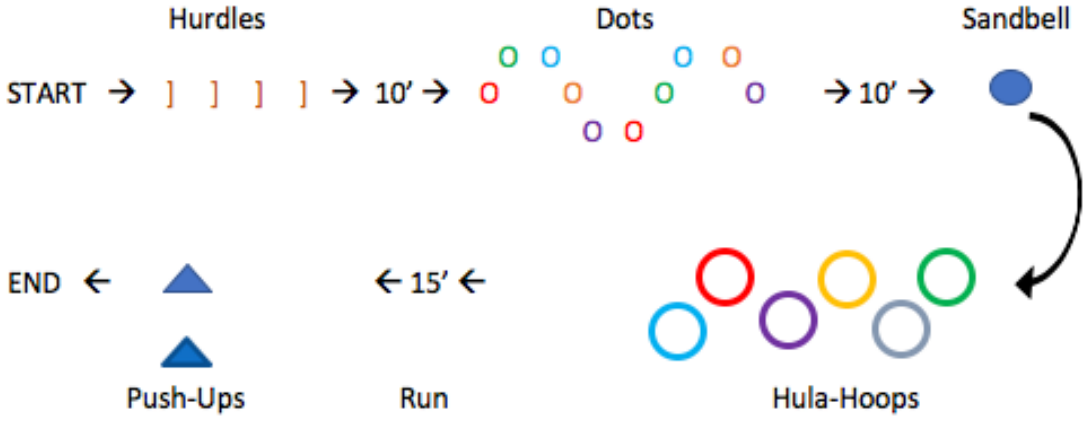


<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Obstacle Course</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Kettle Bells</li> <li>• 1 Battle Rope</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Hurdles</li> <li>• 10 Dots/Poly Spots</li> <li>• 1 Sandbell</li> <li>• 6 Hula Hoops</li> <li>• 2 Short Cones</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Playground Ball</li> <li>• 4 Dots/Poly Spots</li> </ul>

<b>Warm-Ups (5 min.):</b> Mark start and end points 25 yards apart and have players go down and back.	
	<p><b>Warm Up 1:</b> Toe Walks</p> <p><b>Warm Up 2:</b> Heel Scoops</p> <p><b>Warm Up 3:</b> Quad Stretch</p> <p><b>Warm Up 4:</b> Heel Walks</p>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Squat Hold w/Kettle Bell</p> <p><b>Station 2:</b> Back Lunges</p> <p><b>Station 3:</b> Single Leg Toe Touch</p> <p><b>Station 4:</b> High Knee Runs</p> <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. Each station should be approximately 25 feet apart.</li> <li>• Divide the players into 4 small groups—1 group per station.</li> <li>• 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.</li> <li>• Players should complete each station at least 3 times.</li> </ul>
<b>Game (10 min.)</b>	<p><b>Tug O' War</b></p> <ul style="list-style-type: none"> <li>• Players divide into teams and line up on opposite ends of the balance rope.</li> <li>• When the coach blows the whistle, teams try to pull the opposite team toward them.</li> <li>• Play until one team has successfully pulled all the players from the other team to their side of the center.</li> </ul>

<b>Obstacle Course (15 min.)</b>	
<b>Setup and Instructions</b>	<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. Jump over each hurdle with two feet. Jump on the dots, landing on one foot for each dot. Raise a sandbell up over head and place it back down. Repeat 5 times. Jump from one hula hoop to the next with two feet. Run to the end and finish with 5 push-ups.</p>
<b>Diagram</b>	 <p>The diagram illustrates the layout of the obstacle course. It begins with a 'START' point followed by four vertical bars representing 'Hurdles'. A 10-foot run leads to ten colored dots (red, blue, green, orange, purple, red, blue, green, orange, purple) for the 'Dots' station. Another 10-foot run leads to a single blue dot for the 'Sandbell' station. A 15-foot run follows, leading to four colored hula-hoops (blue, red, purple, yellow, green, blue) for the 'Hula-Hoops' station. Finally, a 15-foot run leads to two blue triangles representing 'Push-Ups', which concludes at the 'END' point.</p>

<b>PE Game: Kickball (15 min.)</b>	
<b>Setup</b>	Set up a kickball field with 4 bases and 1 pitcher's mound.
<b>Game Instructions</b>	<p>Goal of the game: To kick the ball and make it around the bases without getting out and fielding the ball to get the other team out.</p> <ul style="list-style-type: none"> <li>• Pitcher (can be the coach, a player from the fielding team, or a player from their own team) rolls the ball to the kicker.</li> <li>• The kicker must kick the ball and try to make it to a base without getting out. To get a player out, the fielding team must tag a runner with the ball or step on the base while holding the ball before the runner gets to the base.</li> <li>• When a team has 3 outs, they switch. The fielding team becomes the kicking team.</li> <li>• Variations: For younger players, the game can be played without a pitcher by placing the ball on home plate and letting the kicker kick it from there. Bases can be set closer or farther apart. You can use an "everyone kicks" rule for each team's turn kicking instead of switching after 3 outs.</li> </ul>

<b>Mindfulness (30 sec.)</b>	
<b>Setup</b>	Group students at arm’s length. Students should be calm and quiet before beginning. Complete the activity for 30 seconds.
<b>Mindfulness Practice</b>	<p style="text-align: center;"><b>Bell Ringing</b></p> <ul style="list-style-type: none"> <li>• “Please get into your ‘mindful bodies’—still and quiet, sitting upright, eyes closed.”</li> <li>• “Now place all your attention on the sound you are about to hear. Listen until the sound is completely gone.”</li> <li>• Ring a “mindfulness bell,” or have a student ring the bell. Use a bell with a sustained sound or a rainstick to encourage mindful listening.</li> <li>• “Please raise your hand when you can no longer hear the sound.”</li> <li>• When most or all have raised their hands, you can say, “Now slowly, mindfully, move your hand to your stomach or chest, and just feel your breathing.”</li> <li>• You can help students stay focused during the breathing with reminders like, “Just breathing in ... just breathing out ...”</li> <li>• Ring the bell to end.</li> </ul>

<b>Stretching (5 min.):</b> Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits, you can do both.	
<b>Setup</b>	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.
<b>Yoga Stretches</b>	<p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> <li>• Interlace the hands behind the back.</li> <li>• Step your feet wide apart.</li> <li>• Turn your toes slightly in and your heels slightly out.</li> <li>• Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling.</li> <li>• Exhaling, fold forward at the hips.</li> <li>• Gently drop your head.</li> <li>• Bring your hands to rest on the floor between your legs.</li> </ul> <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"> <li>• 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.)</li> <li>• Separate your thighs slightly wider than your torso.</li> <li>• Exhaling, lean your torso forward and fit it snugly between your thighs.</li> <li>• Press your elbows against your inner knees and resist the knees into the elbows.</li> </ul>

	<p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> <li>• From a supine position (lying on the back), bend the left knee and cross it outside of the right foot.</li> <li>• Use your hand to put slight pressure on the left knee to push it toward the floor.</li> <li>• Keep both shoulders squared and rooted to the floor.</li> <li>• Extend the arms to a T, perpendicular to the torso.</li> <li>• Turn the head, so the eyes can see to the left.</li> </ul> <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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<b>Cooldown Stretches (5 min.)</b>	
<b>Setup</b>	Group students at arm's length. Complete each stretch twice.
<b>Cooldown Stretches</b>	<p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> <li>• Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat.</li> </ul> <p>2. Toe Touch</p> <ul style="list-style-type: none"> <li>• With straight legs and feet pointed forward, reach down as far as possible to touch your toes. Hold for 30 seconds.</li> </ul> <p>3. Side Reach</p> <ul style="list-style-type: none"> <li>• Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat with opposite side.</li> </ul> <p>4. Toe Touch Twists</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul>