

Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Sandbells 	<u>Relay Race</u> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Sandbells 	<u>PE Game</u> <ul style="list-style-type: none"> • Short Cones • Waist Flags (1 per player)
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Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	Warm Up 1: Walking Arm Circles Warm Up 2: High Kicks Warm Up 3: Knee Hugs Warm Up 4: High Knees

Fitness Stations & Game (20 min.)	
Stations (10 min.)	Station 1: Incline Push Ups Station 2: Side Plank Station 3: Bicycles Station 4: Inch Worms <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.)	Hot Potato with Sandbell <ul style="list-style-type: none"> • Players sit or stand in a circle; 2 players start with a sandbell. • When the coach blows the whistle, players pass the sandbell around the circle. They can pass sideways or toss it underhand. • When the coach says, “Stop,” the 2 players with a sandbell in their hands must do 5 push-ups or 5 squats. • Play until all or most of the players have been caught with the “hot potato” and performed 5 push-ups or 5 squats.

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, each lined up behind a start cone. • When the coach blows the whistle, the first 2 players from each team bear crawl to the end cone, 20 feet away, while balancing a sandbell on their back. • At the end cone, players bear crawl around the cone and back to the start. • When the player returns to their line, the next player goes. • Repeat until all players in line have gone.

PE Game: Sharks and Minnows (15 min.)	
Setup	Set up a field of play. If necessary, use cones to mark off boundaries. A basketball court sized space is perfect.
Game Instructions	<p>Goal of the game: To build quickness, avoid being tagged by the sharks, and trying to tag the minnows.</p> <ul style="list-style-type: none"> • Choose 1–4 players to start off as “sharks,” who do not wear waist flags. • The “sharks” stand in the middle of the field of play. All other players are the “minnows,” who stand together at one end of the field, wearing waist flags. • When the coach or the sharks yell out, “swim,” the minnows try to run across the field to the other side, while the sharks try to grab their waist flags. • If minnows reach the other side without getting their flag pulled, they are safe. • Minnows whose waist flags get pulled put their waist flags aside and become sharks. • Play until a couple of minnows are left; then, start a new round. • Variations: When a shark pulls a minnow’s flag, the minnows become seaweed, frozen in place, except for reaching to touch minnows who pass within arm’s reach, making them seaweed, as well.

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 Bubbles</p> <p>Pretend to blow bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles in their mind as they form, detach, and pop or float away.</p>

<p>Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits, you can do both.</p>	
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.

	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.
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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.