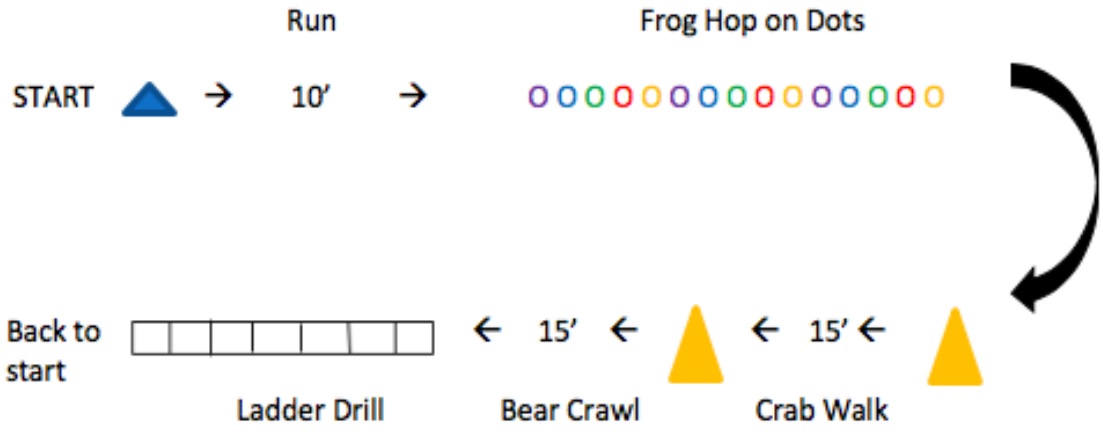


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 9 Hula Hoops • 9 Bean Bags of Color A • 9 Bean Bags of Color B 	<ul style="list-style-type: none"> • 1 Short Cone • 15 Dots/Poly Spots • 1 Agility Ladder • 2 Tall Cones 	<ul style="list-style-type: none"> • Hula Hoops (1 per team)

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: Stand Up Bicycles w/Sandbell</p> <p>Station 2: Planks</p> <p>Station 3: Dead Bugs</p> <p>Station 4: Plank High 5's</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>Tic Tac Toe</p> <ul style="list-style-type: none"> • 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.)	
<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>	 <p>The diagram illustrates the obstacle course layout. It starts with a blue triangle labeled 'START'. An arrow points to the right, labeled 'Run' with '10'' below it, leading to a horizontal line of 10 colored dots (purple, blue, green, red, yellow, purple, blue, green, red, yellow) labeled 'Frog Hop on Dots'. From the dots, an arrow points left, labeled '15'' and 'Crab Walk', leading to a yellow triangle. From this triangle, another arrow points left, labeled '15'' and 'Bear Crawl', leading to a second yellow triangle. From the second yellow triangle, an arrow points left, labeled 'Ladder Drill', leading to a ladder icon. From the ladder, an arrow points left, labeled 'Back to start', leading back to the 'START' cone. A large curved arrow on the right indicates the direction of the course.</p>

PE Game: Hula Hoop Passing (15 min.)	
<p>Setup</p>	<p>Divide players up into teams.</p>
<p>Game Instructions</p>	<p>Goal of the game: Pass the hula hoop while communicating with teammates.</p> <ul style="list-style-type: none"> • Each team stands in a circle or line holding hands. • Have a player start with the hula hoop. Teams try to pass the hula hoop around the circle or down the line without breaking handholds. • Game ends when the hula hoops goes all the way around the circle or down the line. • Variations: Class could work in one large group. Adding two or more hula hoops makes it more difficult.

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	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	<ol style="list-style-type: none"> 1. Cobra Pose <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> 2. Spinal Twist <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> 3. Bridge Pose <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.