

<b>Class Equipment List</b>	<u><b>Fitness Stations &amp; Game</b></u> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Sandbells</li> </ul>	<u><b>Relay Race</b></u> <ul style="list-style-type: none"> <li>• Dots/Poly Spots</li> </ul>	<u><b>PE Game</b></u> <ul style="list-style-type: none"> <li>• 2 Hula Hoops</li> <li>• Short Cones</li> <li>• Waist Flags (1 per player)</li> <li>• Pinnies</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  <b>Warm Up 2:</b> Heel Scoops  <b>Warm Up 3:</b> Quad Stretch  <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 Holds  <b>Station 2:</b> Spider Lunges  <b>Station 3:</b> Single Leg Balance  <b>Station 4:</b> Shoulder Taps         </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 40 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 style="text-align: center;"><b>Over or Under</b></p> <ul style="list-style-type: none"> <li>• Divide the players into 4 teams, and give each team 1 sandbell.</li> <li>• Each team lines up across the field, one player behind the other, and the player in the front starts by passing the sandbell either overhead or between his/her legs to the player behind.</li> <li>• The next player passes the sandbell either overhead or between his/her legs to the player behind.</li> <li>• Continue passing the sandbell over or under until it reaches the end of the line, at which time the last player runs with the sandbell to the front of the line and starts again.</li> <li>• Play continues until each player has been to the front of the line.</li> </ul>

<b>Relay Race (15 min.)</b>	
<b>Setup</b>	Set up obstacle course or relay in a space that accommodates the size of the group.
<b>Relay Instructions</b>	<ul style="list-style-type: none"> <li>• Use the rules for musical chairs, but play with dots.</li> <li>• Spread out dots using 1 less than the total number of players. For example, if there are 20 players, spread out 19 dots.</li> <li>• Before the music starts, coach should call out how players will move around (run, skip, hop, jump, etc.). When the music starts, players move around the dots. When the music stops, players find a dot and do a squat hold in place until the music starts again. The player without a dot is out.</li> <li>• The coach should remove a dot after each round until there is one player left.</li> <li>• Repeat game for time.</li> </ul>

<b>PE Game: Team Flag Tag (15 min.)</b>	
<b>Setup</b>	Set up a soccer sized field using short cones. Place a hula hoop on each team's side toward the baseline.
<b>Game Instructions</b>	<p>Goal of the game: Run around and grab other team's waist flags without getting your own waist flag pulled.</p> <ul style="list-style-type: none"> <li>• Divide players into two teams, give one team pinnies to wear, and everyone wears a waist flag.</li> <li>• Teams stand on opposite sides of the field from each other.</li> <li>• On "Go!", players try to grab their opponents' flag. If a flag is pulled, the player who pulled the flag brings it back to their team's side and puts it in their hula hoop.</li> <li>• Players who get their flag pulled stand behind their team's hula hoop. If there is a flag available in the hula hoop, they put it on and return to the game.</li> <li>• Game continues until all of one team's flags are pulled.</li> <li>• Variations: Play to a time limit instead, and determine a winner by the numbers of flags in each team's hula hoop.</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>Body Scan</b></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"> <li>• Have your kids lie down on their back on a comfortable surface and close their eyes.</li> <li>• 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.</li> <li>• After a few seconds, have them release all their muscles and relax for a 20–30 seconds.</li> <li>• Encourage them to think about how their body is feeling throughout the activity.</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. Plow Pose</p> <ul style="list-style-type: none"> <li>• Lie flat on your back with your legs extended and your arms at your sides, palms down.</li> <li>• Use your stomach muscles to lift your legs and hips up toward the ceiling.</li> <li>• Bring your torso perpendicular to the floor.</li> <li>• Straighten your legs and slowly lower your toes to the floor behind your head with your legs fully extended.</li> <li>• 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.</li> </ul> <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"> <li>• From a seated position, bend your knees so that the soles of your feet touch each other.</li> <li>• Bring your heels as close in toward your body as possible.</li> <li>• Wrap your hands around your feet or ankles.</li> </ul>

	<ul style="list-style-type: none"> <li>• Gently press your forearms or elbows into your thighs so that the knees move toward the floor.</li> <li>• Fold forward from your hips, so your chest moves toward the floor.</li> </ul> <p>Hold for 6 breaths.</p> <p>3. Seated Spinal Twist</p> <ul style="list-style-type: none"> <li>• Sit up straight with both legs out in front of you.</li> <li>• Cross your right foot to the outside of your left thigh.</li> <li>• Bring your left foot back beside your right hip.</li> <li>• Place your right fingertips behind you.</li> <li>• Hug your left knee into your chest.</li> <li>• Inhale and sit up tall.</li> <li>• Exhale and twist to the right from the base of your spine.</li> </ul> <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>
--	---

<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>