

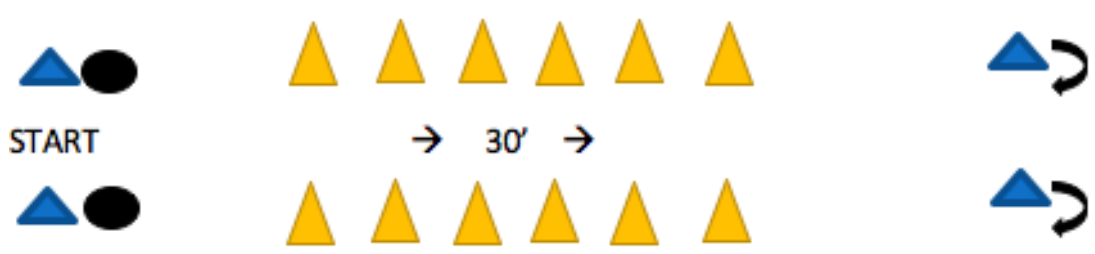
<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Relay Race</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Short Cones</li> <li>• 12 Tall Cones</li> <li>• 2 Sandbells</li> </ul>	<ul style="list-style-type: none"> <li>• 1 or more Playground Balls</li> <li>• Dodgeballs</li> <li>• Short Cones</li> <li>• 2 Tall Cones</li> </ul>

**Warm-Ups (5 min.):** Mark start and end points 25 yards apart and have players go down and back.

	<p><b>Warm Up 1:</b> Walking Arm Circles</p> <p><b>Warm Up 2:</b> High Kicks</p> <p><b>Warm Up 3:</b> Knee Hugs</p> <p><b>Warm Up 4:</b> High Knees</p>
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**Fitness Stations & Game (20 min.)**

<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Plank Rotations</p> <p><b>Station 2:</b> Hand Walks</p> <p><b>Station 3:</b> Flutter Kicks</p> <p><b>Station 4:</b> Kickouts</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><b>Crocodile Tag</b></p> <ul style="list-style-type: none"> <li>• Designate a field of play based on the number of players.</li> <li>• Select 2 players to be “it” and have the remaining players scatter throughout the field of play.</li> <li>• When the coach blows the whistle, players who are “it” try to tag the other players. Players are safe from being tagged when in the “crocodile position” (plank position).</li> <li>• Players can remain in the crocodile position for only 3 seconds at a time before having to get up and run again.</li> <li>• If a player is tagged twice, he/she is it.</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. Divide players into 2 equal teams.
<b>Relay Instructions</b>	<ul style="list-style-type: none"> <li>Divide each team so that half its players line up at the start cone and the other half at the end cone.</li> <li>The first player from each team at the start cone picks up a sandbell. When the coach blows the whistle, the player runs in and out of the cones in a figure “8” position toward the end cone.</li> <li>The player passes the sandbell to the first player at the end cone, who then runs in and out of the cones in a figure “8” position toward the start cone.</li> <li>Each player should run through the cones twice, putting them back in their original line.</li> </ul>
<b>Diagram</b>	

<b>PE Game: Powerball (15 min.)</b>	
<b>Setup</b>	Use short cones to create a big circle with two tall cones marking the halfway points of the circle.
<b>Game Instructions</b>	<p>Goal of the game: To throw dodgeballs at a playground ball to hit the playground ball over the other team’s half circle.</p> <ul style="list-style-type: none"> <li>Divide players into two teams. One team stands outside one half of the circle, and the other team stands outside the other half of the circle.</li> <li>Give each team an equal amount of dodgeballs, and place one playground ball in the middle of the circle.</li> <li>On “Go!”, teams start throwing or rolling the dodgeballs at the playground ball to try to push it or bump it over the other team’s half of the circle.</li> <li>When the playground ball crosses team A’s edge of the circle, Team B gets a point.</li> <li>Variations: Add more playground balls in the middle of the circle.</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>Mindful Bubbles</b></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>

<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>	<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>
<b>Yoga Stretches</b>	<p>1. Downward Facing Dog</p> <ul style="list-style-type: none"> <li>The pose has the head down, the weight of the body on the palms and the feet.</li> <li>The arms are stretched straight forward, shoulder width apart.</li> <li>The feet are a foot apart, the legs are straight, and the hips are raised as high as possible.</li> </ul> <p>Take 5 breaths. Hold the right ankle with the left hand, take 3 breaths, then switch to holding the left ankle with the right hand and take 3 breaths.</p> <p>2. Pigeon Pose</p> <ul style="list-style-type: none"> <li>From all fours, bring your right knee forward towards your right wrist. Depending on your body, it may be just behind your wrist or to the outer or the inner edge of it.</li> <li>Your right ankle will be somewhere in front of your left hip.</li> <li>Slide your left leg back and point your toes; your heel is pointing up to the ceiling.</li> </ul> <p>Take 5 breaths, move to Downward Facing Dog, then switch to Pigeon Pose with the left knee brought to the left wrist and take 5 breaths.</p> <p>3. Lizard Pose</p> <ul style="list-style-type: none"> <li>Begin in Downward-Facing Dog.</li> <li>On an exhale, step your right foot forward to the outside (pinky finger) edge of your right hand. Both arms should be to the left of the right leg.</li> <li>Lower your left knee down onto the ground and release the top of your left foot.</li> </ul> <p>Hold for 5 breaths, move back to Downward Facing Dog, and then repeat Lizard Pose with the other leg and hold for 5 breaths. Return to Downward Facing Dog, then walk the feet up to the hands and unroll the spine upward until standing.</p>

<b>Cooldown Stretches (5 min.)</b>	
<b>Setup</b>	Group students at arm's length. Complete each stretch twice.
<b>Cooldown Stretches</b>	<ol style="list-style-type: none"> <li>1. Arm Stretches Across <ul style="list-style-type: none"> <li>• 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.</li> </ul> </li> <li>2. Arm Stretches Behind Body <ul style="list-style-type: none"> <li>• Put hands behind body and interlock fingers. Once interlocked, see how far you can bring up arms. Hold for 30 seconds.</li> </ul> </li> <li>3. Side Reach <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> </li> <li>4. Toe Touch Twists <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> </li> </ol>