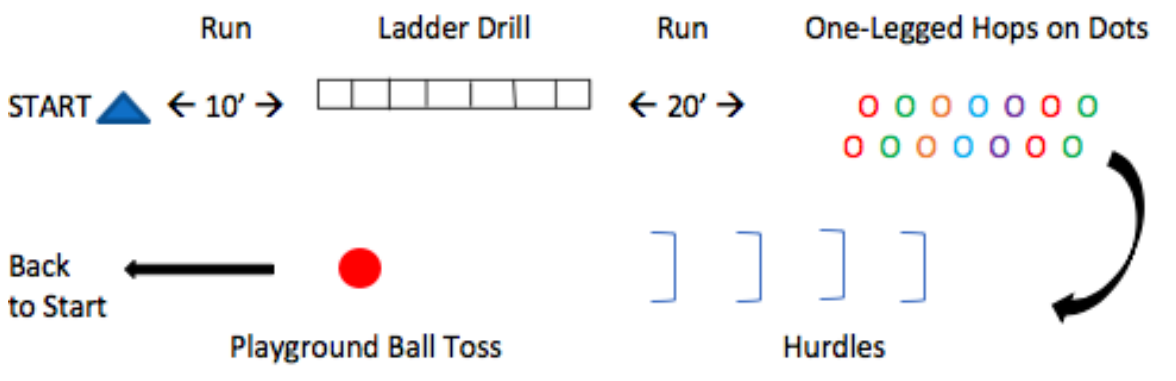


<b>Class Equipment List</b>	<u><b>Fitness Stations &amp; Game</b></u> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Agility Ladders</li> <li>• 9 Hula Hoops</li> <li>• 9 Bean Bags of Color A</li> <li>• 9 Bean Bags of Color B</li> </ul>	<u><b>Obstacle Course</b></u> <ul style="list-style-type: none"> <li>• 1 Short Cone</li> <li>• 1 Agility Ladder</li> <li>• 14 Dots/Poly Spots</li> <li>• 4 Hurdles</li> <li>• 1 Playground Ball</li> </ul>	<u><b>PE Game</b></u> <ul style="list-style-type: none"> <li>• 1 Dodgeball</li> </ul>
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<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> Skip Forward and Backwards  <b>Warm Up 2:</b> Side Shuffle  <b>Warm Up 3:</b> Butt Kickers  <b>Warm Up 4:</b> Sprint         </p>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p> <b>Station 1:</b> Step Ups  <b>Station 2:</b> In In Out Out  <b>Station 3:</b> Liners  <b>Station 4:</b> Squats         </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>Tic Tac Toe</b></p> <ul style="list-style-type: none"> <li>• Create a 3x3 grid (9 squares) using the hula hoops and divide players into two teams.</li> <li>• 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.</li> <li>• Standing 10 feet away, the first players of each team pick up their color bean bag and toss it into one of the squares in the grid.</li> <li>• 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).</li> <li>• 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.</li> </ul>

<b>Obstacle Course (15 min.)</b>	
<p><b>Setup and Instructions</b></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>Form one line behind the start cone. One player at a time completes this course. Players start by running up to the ladder and jumping in and out of the ladder for the full length of the ladder. Next, players hop from dot to dot on one foot following the zig-zag pattern—staying on the same foot. Then, players jump sideways over the hurdles. After the last hurdle, the coach will toss a playground ball to the players, and the players must jump up and try to catch the ball while in midair and pass it back to the coach before landing. Players return to the start line to repeat the course. Players should complete course at least twice.</p>
<p><b>Diagram</b></p>	

<b>PE Game: Silent Ball (15 min.)</b>	
<p><b>Setup</b></p>	<p>Players scatter around the play area within throwing distance of each other, about 3–5 feet apart. It should be easy to throw and catch. Perfect game to play in the classroom on rainy days or in small spaces.</p>
<p><b>Game Instructions</b></p>	<p>Goal of the game: To throw and catch the ball quietly.</p> <ul style="list-style-type: none"> <li>• One player starts with the ball and counts down, “3,2,1, silent,” and passes the ball to another player.</li> <li>• If a player drops the ball, makes a bad pass, or makes noise, they are out and must sit down.</li> <li>• Play continues until only 1 player remains.</li> <li>• Variations: Can be played with 2 balls or limiting time to throw.</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 Posing</b></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"> <li>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.</li> <li>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.</li> </ol>

<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>	<ol style="list-style-type: none"> <li>1. Wide-Legged Forward Fold <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> </li> <li>2. Malasan (Yogi's Squat) <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> </li> </ol>

	<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>