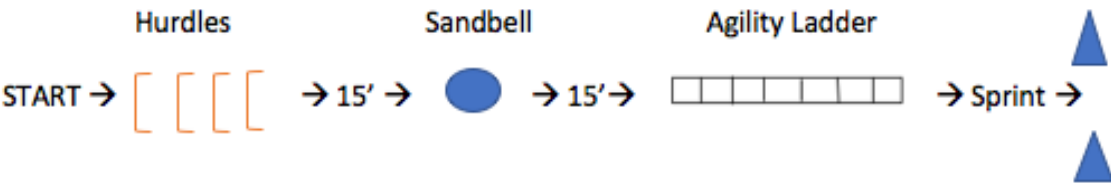


Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • Dodgeball (1 per pair) 	<ul style="list-style-type: none"> • 4 Hurdles • 1 Sandbell • 1 Agility Ladder • 2 Tall Cones 	<ul style="list-style-type: none"> • 6 Hula Hoops • 6 Poly Spots • Short Cones

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 40 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>Head, Shoulders, Knees, Toes, Ball!</p> <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • Coach will say, "Head," "Shoulders," "Knees," or "Toes," in any order. • Players should touch whichever part of their body the coach calls out. • When the coach yells, "Ball!", players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p>

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 person at a time starts the course. To begin, the player jumps over each hurdle, landing with both feet on the ground before jumping again. Next, the player picks up the sandbell and throws it down to the ground; repeat 5 times. The player then performs fast feet through the ladder (example: 1 foot in, 1 foot out or both feet in, both feet out). After the ladder, the player should sprint through the end cones and then jog back to the start line. Each player should complete the course at least twice.</p>
<p>Diagram</p>	 <p style="text-align: center;"> Hurdles Sandbell Agility Ladder </p> <p> START → [[[→ 15' → ● → 15' → [[[[[[→ Sprint → ▲ ▲ </p>

PE Game: Toxic River (15 min.)	
<p>Setup</p>	<p>Create two lines of cones about 20 to 50 feet apart.</p>
<p>Game Instructions</p>	<p>Goal of the game: Use poly spots and hula hoops to step on or inside in order to cross the toxic river.</p> <ul style="list-style-type: none"> • Divide class into two teams. • Give each team 3 hula hoops and 3 poly spots. • Have each team start on the bank of the river with their supplies. • Teams use their supplies to cross the toxic river that “flows” between the cones. • Players lay the hula hoops and poly spots on the ground and their entire team, at once, must try to cross the toxic river. • Players must work together to step in the hula hoops or on the poly spots. To move further down the river, players must pass supplies down their line. • Players cannot step in the toxic river, only on the poly spots or in the hula hoops. • Variations: Can be done with the entire class doing this together as one team.

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;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire sequence of breath.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through the mouth and then close the mouth. • Breath in through the nose for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouth (with whooshing sound) for a count of 8. • Close the mouth and repeat all steps 4 times.

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	<p>1. Cobra Pose</p> <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> <p>2. Spinal Twist</p> <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> <p>3. Bridge Pose</p>

	<ul style="list-style-type: none"> • Lie on your back. • 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	<p>1. Arm Stretches Across Body</p> <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. <p>2. Arm Stretches Behind Body</p> <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. <p>3. Side Reach</p> <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. <p>4. Toe Touch Twists</p> <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.