

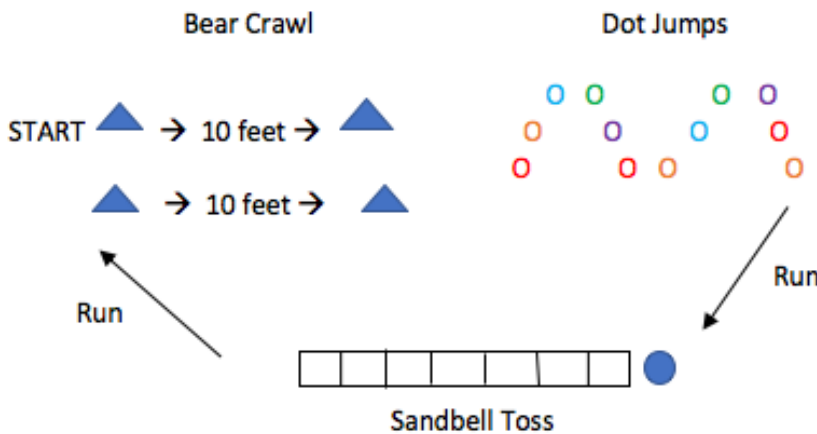
Class Equipment List	<u>Fitness Stations & Game</u>	<u>Obstacle Course</u>	<u>PE Game</u>
	<ul style="list-style-type: none"> • 4 Tall Cones • 4 Short Cones • 9 Hula Hoops • 9 Bean Bags of Color A • 9 Bean Bags of Color B 	<ul style="list-style-type: none"> • 4 Short Cones • 1 Sandbell • 12 Dots/Poly Spots • 1 Agility Ladder 	<ul style="list-style-type: none"> • 2 Pinnies • 18 Dodgeballs • 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: High Knees</p>
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Fitness Stations & Game (20 min.)

Stations (10 min.)	<p>Station 1: Plank Rotations</p> <p>Station 2: Hand Walks</p> <p>Station 3: Flutter Kicks</p> <p>Station 4: Kickouts</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>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.)	
Setup and Instructions	<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 2 lines behind the start cone. Before leaving the start cone, the first player from each line will do a back-to-back wall sit and hold for 15 seconds. Players should then bear crawl from the start cone to the end cone. Next, the players jump with two feet in a zig-zag pattern, landing on each dot. Players should then run to opposite sides of the ladder. One player should pick up the sandbell and gently toss it to their partner. Players should toss back-and-forth to each other while sideways shuffling down and back up the ladder. One player should put the sandbell back at the start of the ladder before sprinting with partner back to the start of the course. Players should go through course at least twice.</p>
Diagram	

PE Game: Dr. Dodgeball (15 min.)	
Setup	Set up a field of play and create a midline with cones to divide the field.
Game Instructions	<p>Goal of the game: Throw balls at targets while dodging balls.</p> <ul style="list-style-type: none"> • Divide players into 2 teams, each with a Doctor, who wears a pinnie. • Have teams stand on opposite sides of the field and give each team half of the dodgeballs. • When the coach says, “go,” players grab the balls and throw them at the other team, while staying on their half of the field. • Players who are hit from the shoulders down must sit down where they were hit until the Doctor saves them by tagging them, so they can re-enter play. • Doctors are not targets and cannot get out. • If a player catches a thrown ball, the thrower is out and sits down to wait for their

	team's Doctor. <ul style="list-style-type: none"> • Play continues until all of one team's players are out. • Variations: Instead of being hit from the shoulders down, it can be changed to waist down. Doctors can get out, or maybe have 3 lives.
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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.

	<ul style="list-style-type: none"> 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>

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| | <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. |
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