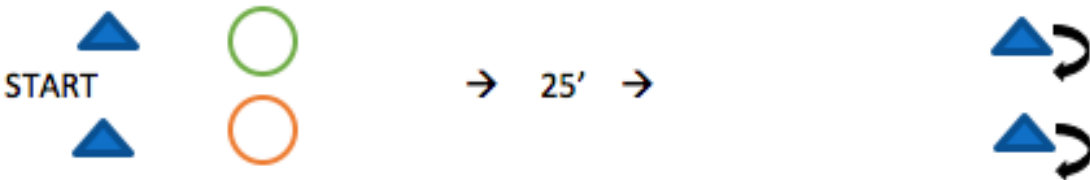


<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Relay Race</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 36 Bean Bags</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Short Cones</li> <li>• 2 Hula Hoops</li> </ul>	<ul style="list-style-type: none"> <li>• Short Cones</li> <li>• Waist Flags (1 per player)</li> </ul>

<b><u>Warm-Ups (5 min.):</u></b> Mark start and end points 25 yards apart and have players go down and back.	
	<b>Warm Up 1:</b> Walking Arm Circles <b>Warm Up 2:</b> High Kicks <b>Warm Up 3:</b> Knee Hugs <b>Warm Up 4:</b> High Knees

<b><u>Fitness Stations &amp; Game (20 min.)</u></b>	
<b>Stations (10 min.)</b>	<b>Station 1:</b> Plank Rotations <b>Station 2:</b> Hand Walks <b>Station 3:</b> Flutter Kicks <b>Station 4:</b> Kickouts  <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>	<b>Bean Bag Tag</b>  <ul style="list-style-type: none"> <li>• Choose one player to be “it” and have that player stand in the middle of the playing field with 36 bean bags.</li> <li>• When the coach blows the whistle, all other players try to run from one end of the field to the other without being hit by a bean bag thrown by the player who is “it.”</li> <li>• Players who get hit with a bean bag must perform 5 squats and join the “it” player in the middle to help tag more players.</li> <li>• The last player to get hit with a bean bag is the first “it” for the next round.</li> </ul> <p>*Remind players that bean bags should be tossed at or below shoulder height.</p>

<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>• Divide the players into 2 teams and have them line up behind a start cone with an end cone 30 feet away.</li> <li>• The first player from each team rolls the hula hoop from the start cone to the end cone and back.</li> <li>• If the hula hoop falls flat, players must stop and do 5 push-ups before picking up the hula hoop and continuing.</li> <li>• Repeat until all players have gone at least once.</li> </ul>
<b>Diagram</b>	

<b>PE Game: What Time Is It, Mr. Fox? (15 min.)</b>	
<b>Setup</b>	Set up a field of play. If necessary, use cones to mark off boundaries.
<b>Game Instructions</b>	<p>Goal of the game is to build quickness and avoid being tagged.</p> <ul style="list-style-type: none"> <li>• Every player puts on a waist flag, except for Mr. Fox.</li> <li>• Choose 1 player to start off as Mr. Fox, who stands at one end of the field, while all other players stand together at the other end.</li> <li>• A player calls out “What time is it, Mr. Fox?”, who responds with a time, such as “6 o'clock.” The player who called out to Mr. Fox takes that many steps (i.e., 6) toward Mr. Fox.</li> <li>• Have players take turns calling out “What time is it, Mr. Fox?” several times, and make sure Mr. Fox changes his/her answers so the players are spread out through the playing area.</li> <li>• Mr. Fox at any time may choose to respond with “Lunchtime,” and then chase players back toward the end of the field and try to pull their waist flags as they try to evade Mr. Fox.</li> <li>• Players whose flags are pulled join the original Mr. Fox for the next rounds.</li> <li>• Play until all players are caught.</li> <li>• Variations: May start with more than 1 Mr. Fox.</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>Heartbeat Exercise</b></p> <p>Paying attention to one's heartbeat has a role in many mindfulness exercises and activities. Kids can learn how to apply this mindfulness practice to their own lives, as well.</p> <p>Tell your kids to jump up and down, run in place, or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their heart. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeat and helps them practice their focus. These skills will come in handy as they start engaging in more advanced mindfulness activities.</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> </ul>

	<ul style="list-style-type: none"> <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>
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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>	<ol style="list-style-type: none"> <li>1. Arm Stretches Across Body <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>