

<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>• 4 Sandbells</li> </ul>	<u><b>Relay Race</b></u> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Ankle Bands</li> </ul>	<u><b>PE Game</b></u> <ul style="list-style-type: none"> <li>• Short Cones</li> <li>• Dots/Poly Spots</li> <li>• Dodgeball or Bean Bag (1 per field)</li> <li>• Pinnies</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</p> <p><b>Warm Up 2:</b> Side Shuffle</p> <p><b>Warm Up 3:</b> Butt Kickers</p> <p><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</p> <p><b>Station 2:</b> In In Out Out</p> <p><b>Station 3:</b> Liners</p> <p><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><b>Over or Under</b></p> <ul style="list-style-type: none"> <li>• Divide the players into 4 teams and give each team 1 sandbell.</li> <li>• Each team lines up across the field, one player behind the other, and the player in the front starts by passing the sandbell either overhead or between his/her legs to the player behind.</li> <li>• The next player passes the sandbell either overhead or between his/her legs to the player behind.</li> <li>• Continue passing the sandbell over or under until it reaches the end of the line, at which time the last player runs with the sandbell to the front of the line and starts again.</li> <li>• Play continues until each player has been to the front of the line.</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.
<b>Relay Instructions</b>	<ul style="list-style-type: none"> <li>• Divide the players into two teams, each lined up behind a start cone.</li> <li>• Place an ankle band at each team’s start cone and put an end cone 20 feet away from each start cone.</li> <li>• The first player from each team puts the ankle band around both ankles and runs to the end cone.</li> <li>• At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on. Then the player runs back to the start cone and passes the band to the next player in line.</li> </ul>

<b>PE Game: Ultimate Anything (15 min.)</b>	
<b>Setup</b>	Set up a mini football field for every two teams. Use the short cones to create an end zone on each side of the fields.
<b>Game Instructions</b>	<p>Goal of the game: Throw an item to a teammate who catches it in the end zone.</p> <ul style="list-style-type: none"> <li>• This game is similar to handball, football, and ultimate frisbee.</li> <li>• Divide players into teams of 4–7 and give half the teams pinnies to wear.</li> <li>• Make sure that a team with pinnies plays against a team without pinnies.</li> <li>• Have one team start with an item, such as a bean bag or ball.</li> <li>• A team advances its item toward the goal by throwing it amongst themselves.</li> <li>• Players can only take 3 steps with the item before throwing it.</li> <li>• To score, the ball must be caught in the other team’s end zone.</li> <li>• If the item is dropped or the other team intercepts it, the item changes possession.</li> <li>• Variations: Use different items, such as body loop bands, cones, sandbells, etc.</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>Body Scan</b></p> <p>The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.</p> <ul style="list-style-type: none"> <li>• Have your kids lie down on their back on a comfortable surface and close their eyes.</li> <li>• Then, tell them to squeeze every single muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone.</li> <li>• After a few seconds, have them release all their muscles and relax for 20–30 seconds.</li> <li>• Encourage them to think about how their body is feeling throughout the activity.</li> </ul>

<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>	<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>
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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>