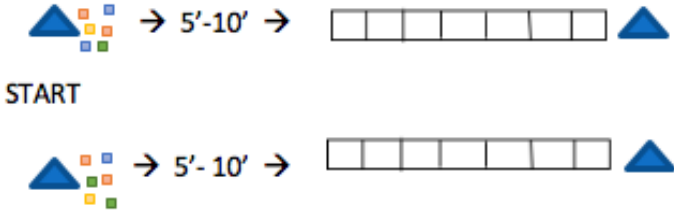


<b>Class Equipment List</b>	<b><u>Fitness Stations &amp; Game</u></b>	<b><u>Relay Race</u></b>	<b><u>PE Game</u></b>
	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• Dots/Poly Spots</li> <li>• Bean Bags</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Short Cones</li> <li>• 30 Bean Bags</li> <li>• 2 Agility Ladders</li> </ul>	<ul style="list-style-type: none"> <li>• Hula Hoop (1 per team)</li> <li>• Playground Ball or Dodgeball (1 per team)</li> </ul>

<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> Walking Arm Circles</p> <p><b>Warm Up 2:</b> High Kicks</p> <p><b>Warm Up 3:</b> Knee Hugs</p> <p><b>Warm Up 4:</b> Bear Crawls</p>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p><b>Station 1:</b> Incline Push Ups</p> <p><b>Station 2:</b> Side Plank</p> <p><b>Station 3:</b> Bicycles</p> <p><b>Station 4:</b> Inch Worms</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>Dots and Bean Bags Race</b></p> <ul style="list-style-type: none"> <li>• Divide the players into 2 teams and give one team the dots and the other team the bean bags.</li> <li>• When the coach blows the whistle, the team with the dots places them in random locations on the field and then returns to the start area. The other team closes their eyes while the dots are being placed.</li> <li>• Once the first team finishes placing the dots, the team with the bean bags runs out and places one bean bag on each dot and then returns to the start area.</li> <li>• The goal is for each team to complete its task as quickly as possible. The coach should time how long it takes each team to finish placing dots or bean bags.</li> <li>• Do a couple of rounds so that both teams have the opportunity to place dots and bean bags.</li> <li>• You can change it up by asking teams to perform other movements when placing dots and bean bags, such as hopping, skipping, or running backward.</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 players into even lines. Each team should have at least 15 bean bags in front of the short cone.</li> <li>• When the coach blows the whistle, the first player in each line picks up a bean bag and tries to toss it into the first box of the ladder. If that player's bean bag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team. The second player in line then picks up another bean bag and tries to toss it into the second box of the ladder.</li> <li>• If players miss the appropriate box, they run to collect the bean bag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line. This repeats until all boxes of the ladder have a bean bag.</li> <li>• If players have not made it to the cheering team and all the boxes have been filled, repeat steps starting with the first box. In this case, there may be more than one bean bag in each box.</li> </ul>
<b>Diagram</b>	

<b>PE Game: Passing Relay (15 min.)</b>	
<b>Setup</b>	Teams will line up and have a hula hoop at the end of each line.
<b>Game Instructions</b>	<p>Goal of the game: Throw and catch with accuracy.</p> <ul style="list-style-type: none"> <li>• Divide players into equal teams.</li> <li>• Each team will stand in line, and players in that team will stand at arm's length away from each other.</li> <li>• The first player in the line will start with a ball; the last player in the line will be at the hula hoop.</li> <li>• When the coach says, "go," the first player in line will toss the ball to the second player and that player will turn and throw the ball to the third player. This continues until the last player in line catches the ball and places it in the hula hoop.</li> <li>• Variations: More balls can be used, as well as bean bags. Players can also space themselves farther apart to make it more difficult. For older players, if a ball is dropped, that ball has to start over at the beginning.</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>	<b>Mindful Bubbles</b> Pretend to blow bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles in their mind as they form, detach, and pop or float away.

<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. Plow Pose</p> <ul style="list-style-type: none"> <li>• Lie flat on your back with your legs extended and your arms at your sides, palms down.</li> <li>• Use your stomach muscles to lift your legs and hips up toward the ceiling.</li> <li>• Bring your torso perpendicular to the floor.</li> <li>• Straighten your legs and slowly lower your toes to the floor behind your head with your legs fully extended.</li> <li>• If your toes do not yet touch the floor, support your back with your hands. Lower your legs as far as possible, keeping your legs straight.</li> </ul> <p>Take 2 breaths by the time you extend your legs and 6 breaths with your legs extended. Then, lift your feet from the floor and draw the knees toward the ears and take 2 breaths in this position.</p> <p>2. Butterfly Pose</p> <ul style="list-style-type: none"> <li>• From a seated position, bend your knees so that the soles of your feet touch each other.</li> <li>• Bring your heels as close in toward your body as possible.</li> <li>• Wrap your hands around your feet or ankles.</li> <li>• Gently press your forearms or elbows into your thighs so that the knees move toward the floor.</li> <li>• Fold forward from your hips, so your chest moves toward the floor.</li> </ul> <p>Hold for 6 breaths.</p> <p>3. Seated Spinal Twist</p> <ul style="list-style-type: none"> <li>• Sit up straight with both legs out in front of you.</li> </ul>

	<ul style="list-style-type: none"> <li>• Cross your right foot to the outside of your left thigh.</li> <li>• Bring your left foot back beside your right hip.</li> <li>• Place your right fingertips behind you.</li> <li>• Hug your left knee into your chest.</li> <li>• Inhale and sit up tall.</li> <li>• Exhale and twist to the right from the base of your spine.</li> </ul> <p>Hold for 5 breaths, switch sides (left foot to outside of right thigh, right foot beside left hip, left fingertips behind you, hug the right knee into the chest, and twist to the left), and hold 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>	<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>