

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 36 Short Cones • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Tall Cones • 20 Beanbags • 2 Agility Ladders • 1 Measuring Tape 	<ul style="list-style-type: none"> • Bean Bags (1 per player) • 36 Short Cones

WARM UPS (5 min.)

Setup and Instructions: Mark start and end points 25 feet apart and have players go down and back.

Warm-up 1	Warm-up 2	Warm-up 3	Warm-up 4
Lap Run	Jumping Jacks	Arm Circles	Air Punches

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min)

Station 1	Station 2	Station 3	Station 4
Hand Walks	Push Ups or Incline Push Ups (requires a step or bench)	Shoulder Taps or Plank High 5's (requires a partner)	Rows w/ Sandbell

Setup and Instructions

- 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 movement at their station for 30 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: Frogger (10 min)

Setup and Instructions

- Set up a field of play using short cones.
- Divide the players into 3 groups: 1 of “frogs” and 2 groups of throwers.
- Have the 2 thrower groups stand on opposite sides of the field of play and give each thrower group 8 dodgeballs. The frogs should stand to the side of the field, ready to frog jump across.
- When the says “Go”, the frogs begin frog jumping from one side of the field to the other, trying not to get hit with a dodgeball along the way.
- If a frog is hit, they must run to the sideline and complete 5 push-ups.
- Once all the frogs are out, switch groups so that each group gets to be the frogs.

Relay Race (15 min.)

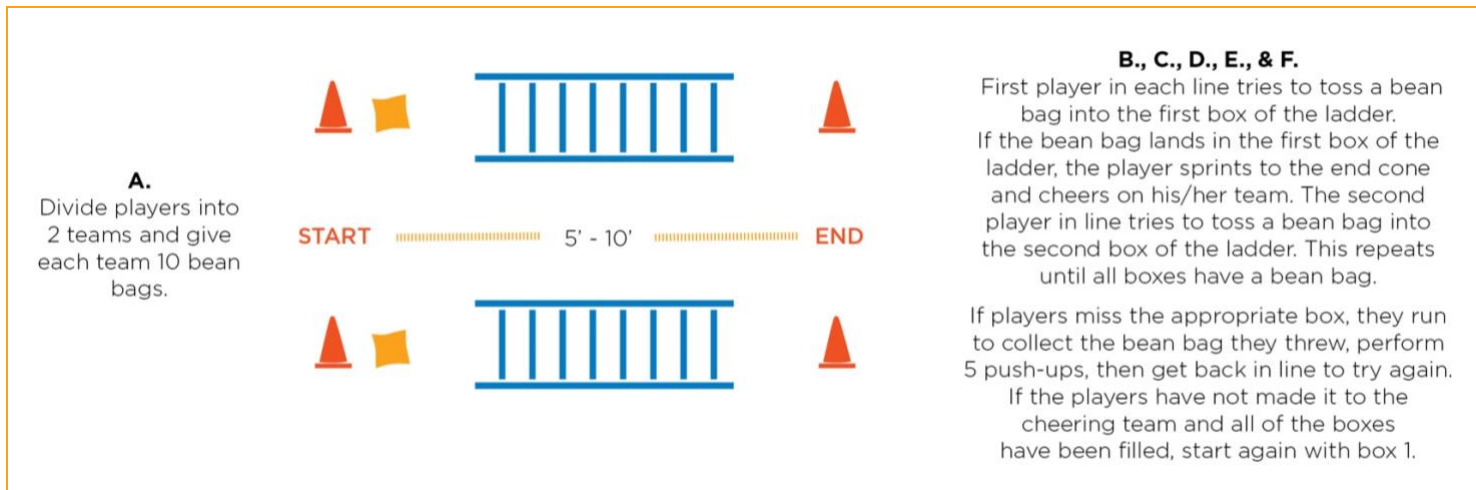
Bean Bag Toss

Setup and Instructions

Set up relay race in a space that accommodates the size of the group.

- A. Divide players into 2 teams and have each team line up behind a start cone. Each team should have at least 10 bean bags in front of each start cone.
 - B. When the coach says “Go”, the first player in each line picks up a bean bag and tries to toss it into the first box of the ladder.
 - C. 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.
 - D. The second player in line then picks up another bean bag and tries to toss it into the second box of the ladder. This repeats until all boxes of the ladder have a bean bag.
 - E. If players have not made it to the cheering team and all boxes have been filled, start again with box 1. In this case, there may be more than one bean bag in each box.
 - F. 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 to try again.
- Relay Tips: 1) For younger players, shorten the distance between the start and end cone. 2) For older players, lengthen the distance between the start and end cone.

DIAGRAM



PE GAME (15 min.)

Bean Bag Balance Tag

Setup and Instructions

Set up a field of play. Use cones, if necessary, to mark boundaries, about the size of a basketball court or smaller. This game could be played inside a classroom.

Goal of the game: keep the bean bag balanced on their head while tagging people and helping others.

- Everyone in this game is “it” and starts with a bean bag balanced on their head (no holding bag on head with hands).
- Players try to tag each other while balancing the bean bag on their head.
- If the bean bag falls off a player’s head or they are tagged, the player must complete 5 jumping jacks then they are frozen. When frozen, players drop the bean bag next to them on the ground and wait to be saved.
- To be saved, another player has to come by and pick up the frozen player’s bean bag while still balancing their bean bag. If the player who is doing the saving drops their bean bag, they must complete 5 jumping jacks and are frozen as well.
- Game Variations: 1) bean bags can be balanced on shoulder or back of the hand 2) Change jumping jacks to squats, push-ups, burpees, etc.

MINDFULNESS (1 min.)

Mindful Posing

Setup and Instructions

Group students at arm's length. Students should be calm and quiet before beginning.

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.

Tell them to try one of the following two poses:

- 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.
- 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.

YOGA STRETCHES (5 min.)

Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits, do both.

Setup and Instructions

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.

1. Cobra Pose

- Lie on your belly and stretch your legs back so the tops of your feet are on the floor.
- Place your hands on the floor under your shoulders and press the tops of your feet and thighs into the floor.
- Straighten your arms to lift your chest off the floor.
- Hold for 4 breaths.

2. Spinal Twist

- Lie on your belly, head facing left.
- Extend your arms to the side so they are perpendicular to your torso.
- Roll your left leg back from your hip so that it crosses over your right leg. Hold for 4 breaths.
- Repeat on opposite side (head turned to the right and right leg rolling over the left leg).
- Hold for 4 breaths.

3. [Bridge Pose](#)

- Lie on your back then 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 your buttocks off the floor until your thighs are about parallel to the floor.
- Hold for 4 breaths.

COOLDOWN STRETCHES (5 min.)

Setup and Instructions

Group students at arm's length. Complete each stretch twice.

1. [Cross Body Shoulder Stretch](#)

- Grab one arm above your elbow with your opposite hand and pull it across your body toward your chest until you feel a stretch in your shoulder. Make sure your elbow is below shoulder height.
- Hold for 30 seconds. Relax the stretch then switch sides.

2. [Triceps Stretch](#)

- Stand upright with your feet shoulder width apart and your arms extended down by your sides.
- Raise your right arm overhead and fully extend it toward the ceiling.
- Bend your right arm so that your hand touches your back in the center between your shoulder blades.
- Take your left hand and grasp your right elbow, gently pulling on your arms to stretch the triceps.
- Hold for 30 seconds. Relax the stretch then switch sides.

3. [Shoulder Stretch](#)

- Standing with both hands interlocked behind your back, tilt your head towards one shoulder.
- Hold for 30 seconds. Relax the stretch then switch sides.