

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game: K-2 nd
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 1 Parachute 	<ul style="list-style-type: none"> • 2 Parachutes 	<ul style="list-style-type: none"> • 36 Short Cones PE Game: 3 rd -8 th <ul style="list-style-type: none"> • 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	High Kicks	Knee Hugs	Butt Kickers

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Back Lunges w/ Sandbell	Squat Jumps	Single Leg Toe Touch	Duck Walk

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: Parachute (10 min.)

Setup and Instructions

- Have all players hold a handle on the parachute.
- Players should work together to get the parachute as high as possible into the air without letting go. When the parachute is at its highest, chose from the following:

- 1-2 players run around the group and return to their spot(s) before the parachute hits the ground. You can call out the players name(s) or assign each player a number and call out the numbers.
- 2 players whose names or numbers are called change places by running under the parachute before it hits the ground.
- 1 player whose name or number is called runs and tags another player under the parachute, then runs back to his/her spot before the parachute falls. The tagged player waits for the parachute to go up then runs to tag another player.
- Game Tip: For a large class, divide players into 2 groups and use 2 parachutes.

RELAY RACE (15 min.)

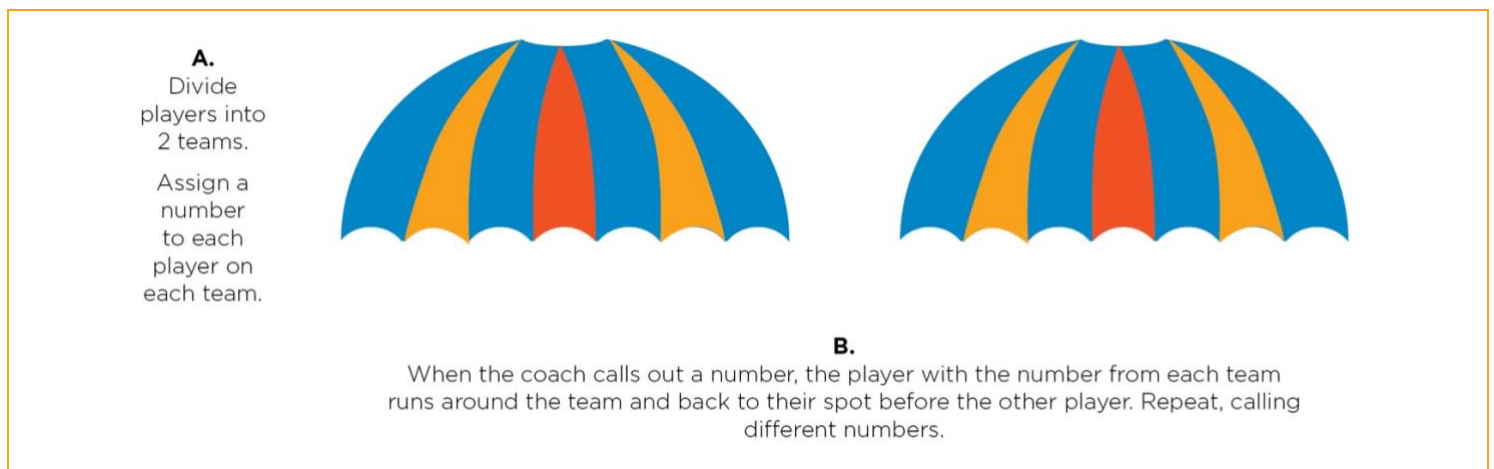
Parachute Run

Setup and Instructions

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

- Divide players into 2 teams and give each team a parachute. Assign a number to each player on each team.
- When the Coach calls out a number, the player with the number from each team runs around the team and back to their spot before the other player.
- Repeat, calling different numbers.

DIAGRAM



PE GAME: K-2nd (15 min.)

Scrambled Eggs

Setup and Instructions

Set up a field of play. Use cones, if necessary, to mark boundaries.

Goal of the game: work on & become familiar with fitness movements.

- Begin by having players move around, keeping their personal space and not bumping into others.
- When the Coach calls out a movement, players will have to complete that movement without bumping into other players. These movements could be walk, run, skip, hop, jog, side shuffle, high knees, lunges, crab walk, etc.
- When Coach says “Freeze”, players freeze and complete a movement standing in one spot. These movements could be balancing on one foot, plank, squat hold, etc.
- Game Variation: To make the game more difficult set up a smaller field of play.
- Game Tip: For younger aged players or players not familiar with different movements, Coach may have to tell players which movement to perform when frozen.

PE GAME; 3rd-8th (15 min.)

Chaos Tag

Setup and Instructions

Set up a field of play, if necessary, use cones to mark boundaries.

Goal of the game: to work on chasing and fleeing skills.

- In this tag game everyone is “it”.
- If players get tagged, they must take a seat on the ground and may not get up until the player who tagged them gets tagged and sits.
- For example, if Player A tags Player B, Player B is sitting on the ground and watching to see when Player A gets tagged. Once Player A gets tagged by Player C, Player A sits down and Player B gets up.
- Game Variation: If the game has stalled, the coach may yell, “Break!” That means everyone is free and back up again and the game resets.

MINDFULNESS (1 min.)

Body Scan

Setup and Instructions

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

The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.

Fitness Focus: LOWER BODY

Have your kids lie down on their back on a comfortable surface and close their eyes. 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. After a few seconds, have them release all their muscles and relax for 20-30 seconds. Encourage them to think about how their body is feeling throughout the activity.

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. Wide-Legged Forward Fold

- Interlace the hands behind the back while placing your feet wide apart.
- Turn your toes slightly in and your heels slightly out.
- Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling.
- While exhaling, fold forward at the hips and gently drop your head.
- Bring your hands to rest on the floor between your legs.
- Hold for 4 breaths while slowly moving side to side like a pendulum.

2. Malasan (Yogi Squat)

- Place your hands palm-to-palm at hearts center or on your thighs.
- Squat with your feet slightly more than shoulder with apart. Keep your heels on the floor if you can; otherwise, lift them slightly or support them on a folded mat, rug or towel.
- Press your elbows against your inner knees.
- Hold for 4 breaths.

3. Supine Spinal Twist

- While lying on your back, bend the left knee and cross it outside of the right foot.
- Use your hand to put slight pressure on the left knee to push it toward the floor.
- Keep both shoulders squared and rooted to the floor.
- Extend the arms to a T, perpendicular to the torso.
- Turn the head so the eyes can see to the left.
- Hold for 4 and repeat on the opposite side (right knee crossed outside the left foot; head turned so eyes can see to the right).

COOLDOWN STRETCHES (5 min.)

Setup and Instructions

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

1. [Flamingo Stretch](#)

- Standing on one leg, bend the opposite leg back.
- Grab the ankle of the bent leg to stretch your quad.
- Hold for 30 seconds. Relax the stretch then switch sides.

2. [Toe Touch](#)

- With straight legs and feet pointed forward, reach down as far as possible to touch your toes.
- Hold for 30 seconds. Relax the stretch then switch sides.