

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Hula Hoops • 2 Agility Ladders • Poly Spot Markers (1 per player) • 1 Measuring Tape 	<ul style="list-style-type: none"> • 1 Tall Cone • 4 Hurdles • 10 Poly Spot Markers • 6 Hula Hoops • 1 Sandbell • 2 Short Cones • 1 Measuring Tape 	<ul style="list-style-type: none"> • 2 Tall Cones • 24 Poly Spot Markers

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	Ice Skaters	Single Leg Balance	Inch Worms

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Hoop Jump	In, Out, In, Out w/ Agility Ladder	Speed Hand Walks	Leg Hops

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, Musical Spots (10 min.)

Setup and Instructions

- Use the rules for musical chairs but play with spots. Spread out spots, using one less spot than the total number of players. For example, if there are 20 players, spread out 19 spots.
- Before the music starts, coach should call out how players will move around (run, skip, hop, jump, etc.) When the music starts, players move around the spots. When the music stops, players find a spot and do a squat hold in place until the music starts again. The player without a spot is out.
- The coach should remove a spot after each round until there is one player left.

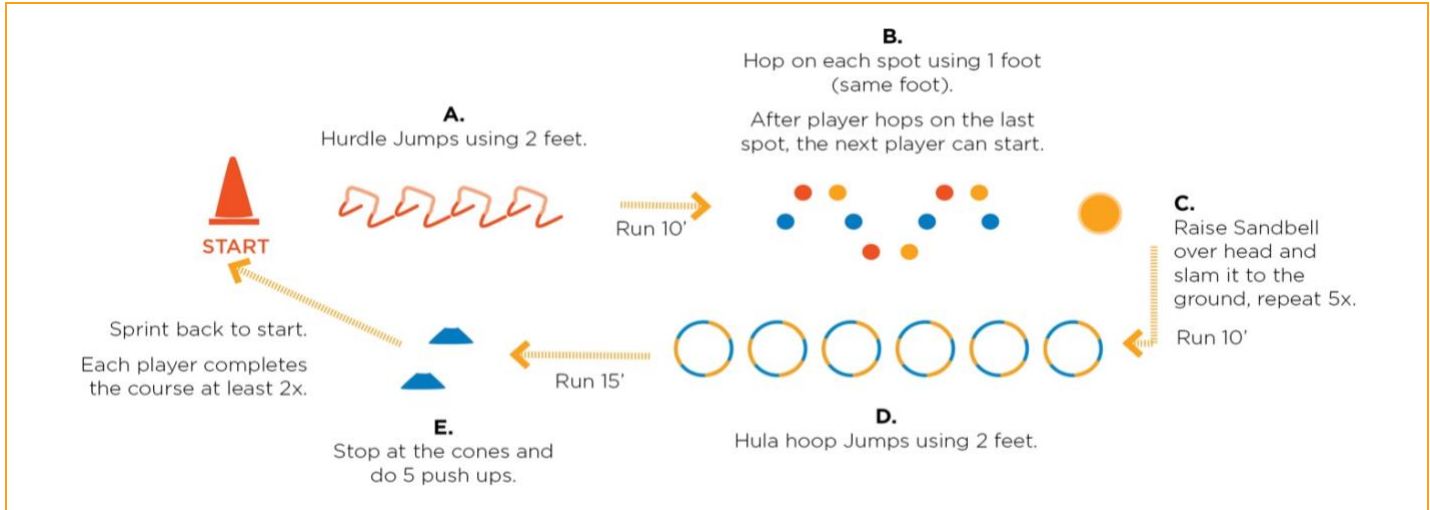
OBSTACLE COURSE (15 min.)

Setup and Instructions

Set up obstacle course in a space that accommodates the size of the group.

- A. Place all players in a line behind the start cone. The first player starts by jumping over each hurdle with two feet.
 - B. After the last hurdle, the player runs to the spots and jumps on each spot with one foot — player should stay on the same foot when hopping. After the first player hops on the last spot, the second player can start.
 - C. Next, the player picks up the sandbell, raises it up over their head, and slams it to the ground, repeat 5 times.
 - D. Once the player completes 5 sandbell slams, he/she runs to the hula hoop and jumps from one to the next with two feet.
 - E. Last, the player runs to the short cones and completes 5 push-ups before sprinting back to the start line. Each player should complete the course at least twice.
- Course Variation: Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc.

DIAGRAM



PE GAME (15 min.)

Speedway

Setup and Instructions

Use poly spots to create a racetrack. Place 2 cones on opposite sides of the racetrack. A basketball court also works great.

Goal of the game: teams finish laps as fast as possible.

- This is a relay race where each player will have one turn around the track.
- Divide class into 2 equal teams and have each team sit behind a cone facing the inside of the track.
- Choose a direction for the players to run their lap.
- Have the first player on each team stand inside of the racetrack.
- When the coach says, "Go" players sprint around the track trying to get back around to their team.
- When they get back to their team, they high-five the next player in line and that player starts their lap around the track.
- Game continues until all players have run a lap.
- Game Variation: Divide players into multiple teams; add extra cones.
- Game Tips: 1) for younger players create a smaller track, for older players create a larger track 2) for smaller teams, make players run at least twice 3) to ensure safety, remind students not to push players when running.

MINDFULNESS (1 min.)

Heartbeat Exercise

Setup and Instructions

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

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.

Tell your kids to jump up and down or 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.

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. Downward Facing Dog

- Begin on your hands and knees.
- Curl your toes under, straighten your knees, and lift your hips.
- Keep your head between your arms.
- The feet are a foot apart, the legs are straight, and the hips are raised as high as possible.
- Hold for 4 breaths. Relax the pose by lowering your knees to the floor.

2. Pigeon Pose

- Begin in Downward Facing Dog.
- Step one foot forward, into a low lunge, setting your foot closer to your opposite hand.
- Allow your back knee to lower to your mat, as you tip your front knee to open your front hip.
- Keep your hands on the floor and sit up tall – be sure to keep your hips facing forward.
- Hold this pose for a couple of breaths.
- Step your front leg back, and press into Downward Facing Dog.
- Hold for 4 breaths. Repeat on your opposite side.

3. [Lizard Pose](#)

- Begin in Downward-Facing Dog.
- 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.
- Lower your left knee down onto the ground and release the top of your left foot.
- Hold for 4 breaths, move back to Downward Facing Dog, and then repeat Lizard Pose with the other leg.

COOLDOWN STRETCHES (5 min.)

Setup and Instructions

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

1. [Crossed Toe Touch](#)

- Standing straight, raise your hands above your head.
- Cross your right ankle over your left and gently bend forward bringing your hands down to your feet.
- Hold for 30 seconds. Relax the stretch then switch sides.

2. [Toe Touch Twist](#)

- 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. Relax the stretch then switch sides.