

EQUIPMENT LIST

Fitness Stations & Game <ul style="list-style-type: none"> • 4 Tall Cones • 4 Ankle Bands • Dodgeballs (1 per pair) • 1 Measuring Tape 	Relay Race <ul style="list-style-type: none"> • 4 Short Cones • 12 Tall Cones • 2 Sandbells • 1 Measuring Tape 	PE Game: K-5th <ul style="list-style-type: none"> • 3-5 Dodgeballs • 36 Short Cones PE Game: 6th-8th <ul style="list-style-type: none"> • 36 Short Cones • Waist Flags (half the players)
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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	Air Drumming	Seal Jack	Air Jump Rope

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Inch Worms	High Plank	Bicep Curls w/ Ankle Bands	Y's, T's & W's

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: Head, Shoulders, Knees, Toes, Ball! (10 min.)

Setup and Instructions

- Divide players into pairs and place a ball in the middle of each pair.

Fitness Focus: UPPER BODY

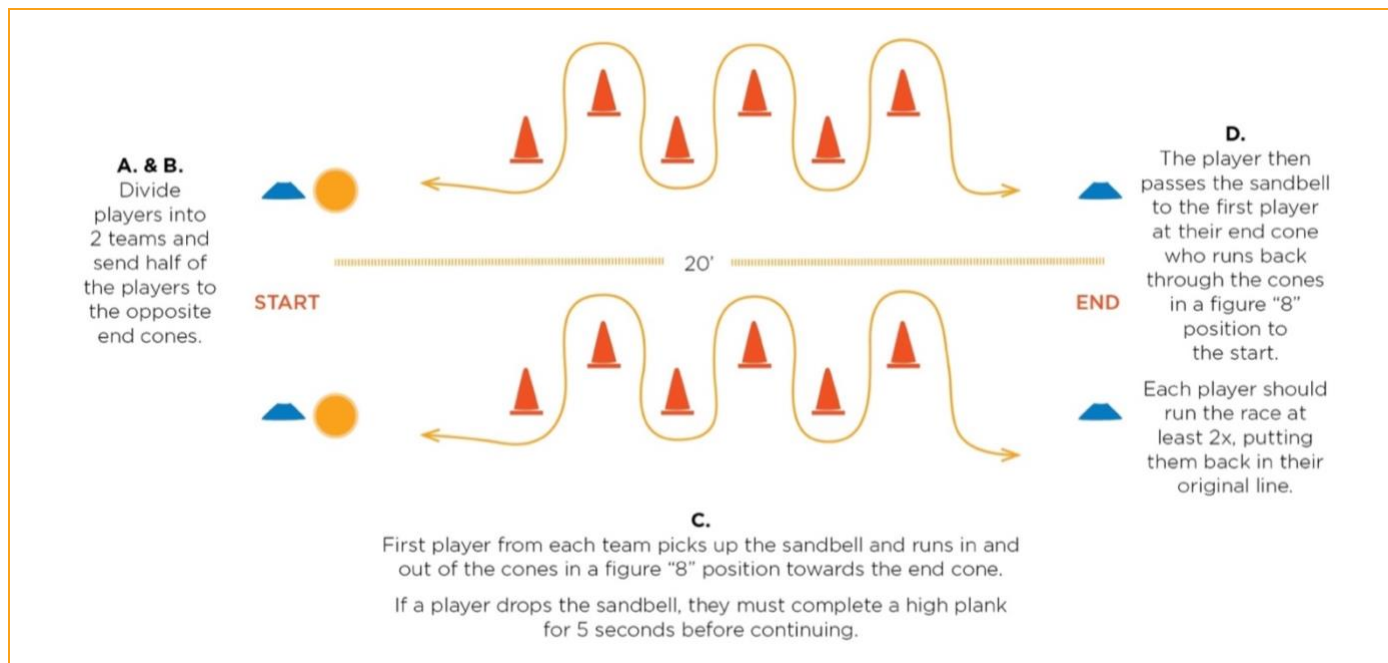
- When Coach calls, “Head” “Shoulders” “Knees” or “Toes”, in any order, players should touch whichever part of their body the Coach calls out.
- When the Coach says, “Ball”, players race to grab the ball.
- The first player to grab the ball calls out an exercise for the other player to do 5x. Repeat game for time.
- Game Variation: After a couple of rounds have players switch partners.
- Game Tip: Coach may need to pick the exercises for younger players or if students are not familiar with exercises.

Relay Race (15 min.)**Figure 8's****Setup and Instructions**

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

- Divide players into 2 equal teams and have each team line up behind a start cone.
 - Divide each team in half and send half the players to the opposite end cone.
 - The first player from each team at the start cone, picks up a sandbell. When the coach says “Go”, they run in and out of the cones in a figure “8” position towards the end cone. If a player drops the sandbell, they must complete a high plank for 5 seconds before continuing.
 - The player then passes the sandbell to the first player at the end cone who then runs in and out of the cones in a figure “8” position towards the start cone. Each player should run the race at least twice, putting them back in their original line.
- Relay Variations: 1) Mix up the teams each round. 2) Lengthen the distance between the start and end cone. 3) Instead of running through the cones, players can skip or hop. 4) For older players, increase the weight by adding a 6lb. sandbell or replacing the 6lb. with a 10lb. sandbell.

DIAGRAM



PE GAME: K-5th (15 min.)

Line Tag

Setup and Instructions

If no basketball court with lines on the ground is available, use short cones to make a rectangle with different lines connecting the sides of the rectangle.

Goal of the game: stay on the line and not get tagged.

- Choose 1-2 players to start off as taggers. These players will carry the dodgeballs.
- When the Coach says "Go", all players, including the taggers have to run and move on the lines. They can travel in any direction but are not allowed to jump lines.
- To get to another line, players must run until they come to an intersection with another line.
- Taggers must try to tag others with the ball. Once they tag someone, the player tagged must complete a high plank for 5 seconds. The player tagged gets the ball and becomes a tagger.
- Game Variation: Instead of running, players can skip, walk, hop, etc.
- Game Tip: For a large class or to make the rounds go quicker, start with more taggers.

PE GAME: 6th-8th (15 min.)

10 Second Flag Tag

Setup and Instructions

Set up a field of play. Use cones to mark off boundaries.

Goal of the game: Be fast and focus on grabbing someone else's flag and protecting your own.

- Divide class into 2 teams, give one team waist flag belts.
- When the coach says, "Go!" the team without flags tries to grab the other team's flags and put them on. Waist flags can be stolen back.
- The coach will count down the time. Start with 30-second rounds, then 20 seconds, and then 10 seconds.
- When time is up, count each team's flags to determine the winner.
- Play another round with the other team starting with waist flags.
- Game Variation: Movements can change (i.e. players can walk, run, skip, hop, 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.