

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game: K-2 nd
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • 4 Sandbells • 1 Measuring Tape 	<ul style="list-style-type: none"> • 2 Sandbells • 20 Poly Spot • 36 Bean Bags • 3 Hula Hoops • 4 Tall Cones • 2 Agility Ladders • 1 Measuring Tape 	<ul style="list-style-type: none"> • 36 Short Cones <p>PE Game: 3rd-8th</p> <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	Side Bends	High Kicks	Running Arms

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Kickouts	Mountain Climbers	Seated Heel Drops	Side Bend w/ Kettle Bell

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: Over & Under (10 min.)

Setup and Instructions:

- Set up 2 tall cones 20 feet apart.
- Divide players into 2 teams and give each team a sandbell. Each team lines up at a start cone, one player behind the other.

Fitness Focus: CORE

- Facing the end cone the first player in the line starts by passing the sandbell either overhead or between his/her legs to the player behind.
- The next player passes the sandbell either overhead or between his/her legs to the player behind.
- Players continue passing the sandbell over or under until it reaches the end of the line, at which time the last player runs with the sandbell to the front of the line and starts again.
- Game Tip: For a large class, Coach can divide players into multiple teams.

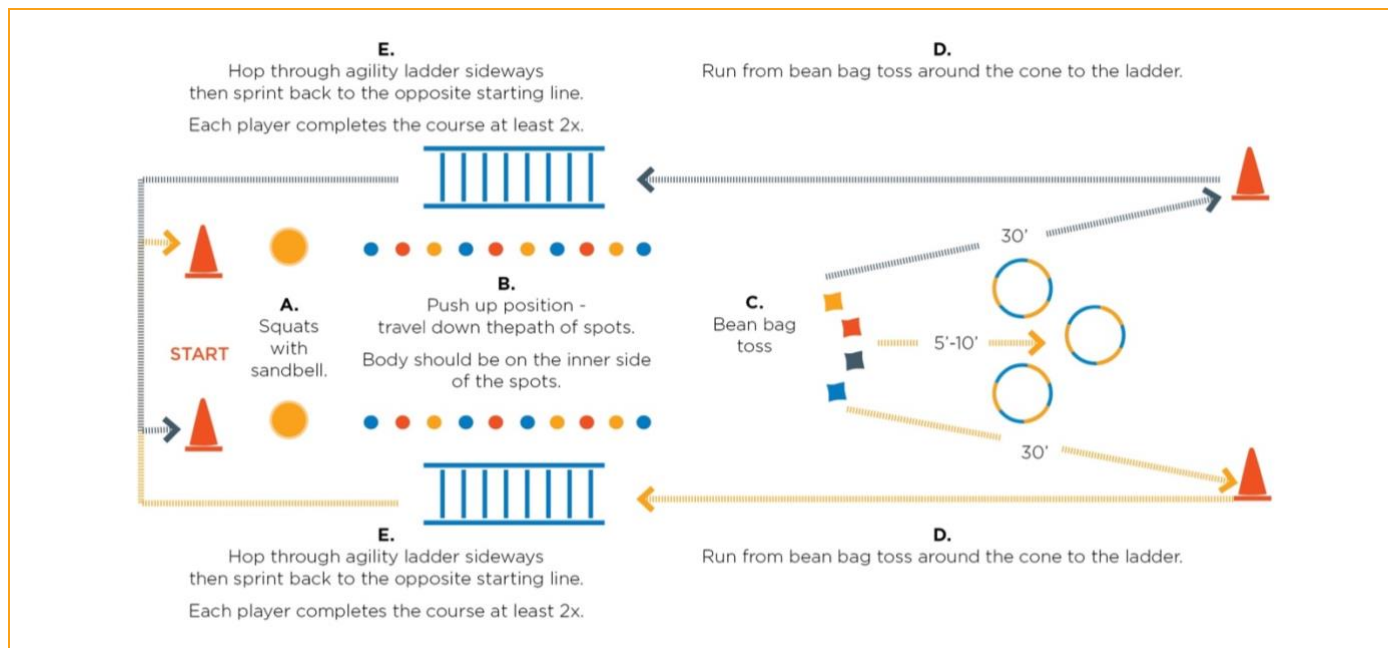
OBSTACLE COURSE (15 min.)

Setup and Instructions

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

- A. Divide players into 2 equal teams and place each team in a line behind a start cone. The first player from each line picks up a sandbell and performs 10 squats.
 - B. Then, in a push-up position, place hands on the first spot and travel down the spots, transferring hands from one spot to the next. Players bodies should be on the inner side of the spots.
 - C. After the spots, players try to toss one bean bag into a hula-hoop that is 5-10 feet away.
 - D. Once they get a bean bag into the hula-hoop, player runs down and around the cone that is 30 feet away.
 - E. Last, players hop through the agility ladder sideways then sprint back to the start in the opposite line they started. Players should go through course at least twice.
- Course Variation: Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc.
 - Course Tip: For younger players, shorten distance between bean bags and hula hoops.

DIAGRAM



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

Everyone is "It" Freeze Tag

Setup and Instructions:

Set up a field of play the size of a basketball court. Use cones, if necessary, to mark off boundaries.

Goal of the game: tag others while avoid being tagged.

- Everyone is "it" in this game.
- When a player gets tagged, they must freeze in place until someone comes by and gives them a high five.
- Game Variation: When a player is frozen, they can freeze while balancing on one foot, in plank position, in a squat position, etc.

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

Secret Agent Tag

Setup and Instructions:

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

Goal of the game: tag or free others.

- In this tag game there are 3 jobs:
 - Bad guys - who try to tag everyone that is standing up. If tagged by a bad guy the player must sit down and are stuck down until freed by a secret agent. If a bad guy tags another bad guy nothing happens.

- Secret agents - try to tag anyone who is sitting down to free them and also try to avoid getting tagged by a bad guy. If tagged by a bad guy, they must sit and wait until another secret agent frees them.
- Citizens - don't have a job but run around and will get tagged by the bad guys and freed by the secret agents.
- Sit players in a circle with their eyes closed. The coach will go around and tap 3-5 players once on the head –these will be the bad guys. The coach will also go around and tap 3-5 players twice on the head –these players will be secret agents. In a class of 20, usually 5 players are bad guys and 6 are secret agents. If a player's head was not tapped, then they are a citizen.
- Ask players to stand up and spread out and the coach will say, "Go!" to start the round.
- Rounds go on until the bad guys tag all the secret agents or 5-10minutes.
- Game Variation: Lengthen the game by have more secret agents than bad guys.

MINDFULNESS (1 min.)

Mindful Bubbles

Setup and Instructions

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

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.

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. Butterfly Pose

- From a seated position, bend your knees so that the soles of your feet touch each other.
- Bring your heels as close in toward your body as possible and wrap your hands around your feet or ankles.
- Gently press your forearms or elbows into your thighs, so that the knees move toward the floor.
- Fold forward from your hips so your chest moves toward the floor.
- Hold for 4 breaths.

2. Seated Spinal Twist

- Sit up straight with both legs out in front of you.
- Cross your right foot to the outside of your left thigh and bring your left foot back beside your right hip.
- Place your right fingertips behind you and hug your left knee into your chest.
- Inhale, sit up tall.
- Exhale, twist to the right from the base of your spine.
- Hold for 4 breaths then switch sides.

COOLDOWN STRETCHES (5 min.)

Setup and Instructions

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

1. [Standing Side Reach](#)

- Standing with your feet shoulder width apart, place one hand on your hip and raise the other hand above your head.
- With your hand still above your head, lean towards the opposite direction, towards the hand on your hip.
- Hold for 30 seconds. Relax the stretch then switch sides.

2. [Toe Touch Twists](#)

- 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.