

## EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game: K-2 <sup>nd</sup>
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Kettle Bells</li> <li>• 4 Sandbells</li> <li>• 1 Battle Rope</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Ankle Bands</li> <li>• 2 Agility Ladders</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 36 Short Cones</li> <li>• Flag Belts (1 per player)</li> </ul> <p><b>PE Game: 3<sup>rd</sup>-8<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• 6 Hula Hoops</li> <li>• 13 Short Cones</li> </ul>

## 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	<a href="#">Quad Stretch</a>	<a href="#">Toe Walks</a>	<a href="#">Heel Walks</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Squat Hold w/ Kettle Bell</a>	<a href="#">Single Leg Balance w/ Sandbell</a>	<a href="#">Side Lunges</a>	<a href="#">Calf Raises</a>

### 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: Tug 0' War (10 min.)

#### Setup and Instructions

- Divide players into even teams and line up on opposite ends of the balance rope.

- When the coach blows the whistle, teams try to pull the opposite team toward them until all the players from the other team are on their side of the center.
- Game Tip: For a large class, divide players into 4 teams and use 2 ropes. Allow all teams to play against the other teams.

## RELAY RACE (15 min.)

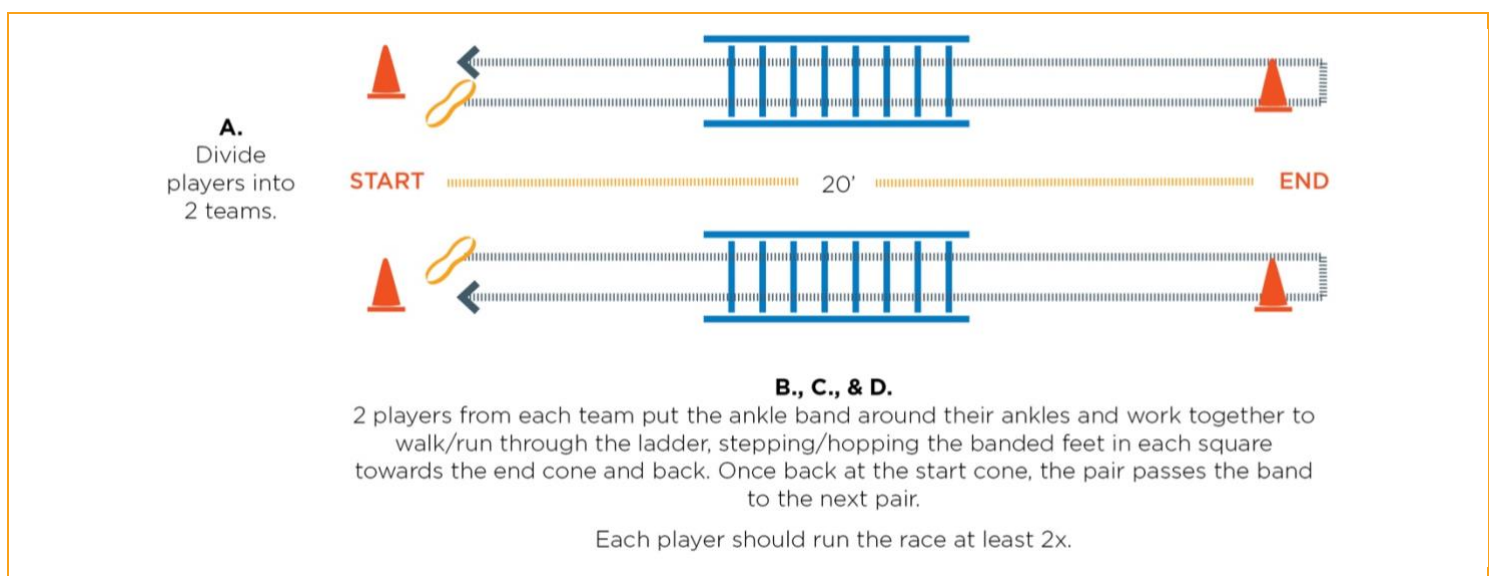
### Three-Legged Race

#### Setup and Instructions

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

- Divide players into 2 teams and have each team line up behind a start cone.
- When the coach says “Go”, the first 2 players from each team put the ankle band around their ankles. One player will have the band around his/her left ankle and the other will have the band around his/her right ankle.
- Once the ankle band is on, the players work together to walk/run through the ladder, stepping/hopping the banded feet in each square, towards the end cone, 20 feet away.
- At the end cone, players go around the cone before repeating the movement back to the start cone where one player passes the ankle band to the next 2 players in line. Each player should run the race at least twice.

#### DIAGRAM



## PE GAME: K-2<sup>nd</sup> (15 min.)

### What Time is it Mr. Fox?

#### Setup and Instructions

## Fitness Focus: LOWER BODY

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

Goal of the game: avoid being tagged

- Every player puts on a flag belt, except for Mr. Fox.
- Choose 1 player to start off as Mr. Fox. Mr. Fox stands towards one end of the field of play, all other players stand together at the other end.
- Players call out “What time is it Mr. Fox?” Mr. Fox responds with a time, like 6 o'clock. Players take that many steps toward Mr. Fox (6 o'clock = 6 steps).
- When players call out “What time is it Mr. Fox?” and Mr. Fox responds with “Lunchtime”, players run back to the beginning while trying not to have their flag pulled by Mr. Fox.
- When a player's flag is pulled, they must complete 5 squats then they join the original Mr. Fox.
- Play until all players are caught.
- Game Variation: Start with more than 1 Mr. Fox.
- Game Tip: Younger players may need help from Coach calling out time or saying “lunchtime”.

## PE GAME: 3<sup>rd</sup>-8<sup>th</sup> (15 min.)

### 3 Cones

#### Setup and Instructions

Take 13 cones and place them in a pile in the middle of the field of play. Then take the 6 hula hoops and spread them out in a circle around the pile of items.

Goal of the game: collect 3 cones before the other teams.

- Divide players into 6 teams, each standing in a line behind a hula hoop.
- Have the first player in line go to the pile in the middle of play and touch one cone.
- When the coach says, “Go!” the first player from each team grabs the cone from the pile and brings it back to their hula hoop.
- Then the next player on that team goes and runs to the pile or another team’s hula hoop, grabs 1 cone, brings it back to their hula hoop, and goes to the back of the team’s line. Then the next player goes, and so on.
- Players cannot stop other teams from stealing the cones in their hula hoop.
- Play continues until one team has 3 cones in its hula hoop.

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## 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.

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.

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## 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).

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## 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.