

EQUIPMENT LIST

Fitness Stations & Game <ul style="list-style-type: none"> • 4 Tall Cones • 36 Short Cones • Poly Spot (1 per player) • Bean Bags (1 per player) • 1 Measuring Tape 	Obstacle Course <ul style="list-style-type: none"> • 1 Tall Cone • 1 Agility Ladder • 14 Poly Spots • 4 Hurdles • 1 Playground Ball • 1 Measuring Tape 	PE Game: K-5th <ul style="list-style-type: none"> • 36 Short Cones PE Game: 6th-8th <ul style="list-style-type: none"> • 36 Short Cones • Waist Flags (one per player)
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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	Skip Forward/Backward	High Knees	Toe Walks

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Speed Mountain Climbers	Bound	Skiers	Twists

- 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: Spots & Bean Bags (10 min.)

Setup and Instructions

- Create a field of play using short cones. On one end of the field, divide players into 2 teams and give one team the spots and the other team the bean bags.
- When the coach says “Go”, the team with the spots runs to the other side of the field and places the spots in random locations then returns to the start area. The other team closes their eyes while the spots are being placed.

- Once the first team finishes placing the spots, the team with the bean bags runs out and places one bean bag on every spot and then returns to the start area.
- After 1-2 rounds have teams switch so that the team that placed the spots gets a chance to place the bean bags.
- Game Variation: Players can perform other movements when placing dots and beanbags, such as hopping, skipping, running backward, etc.

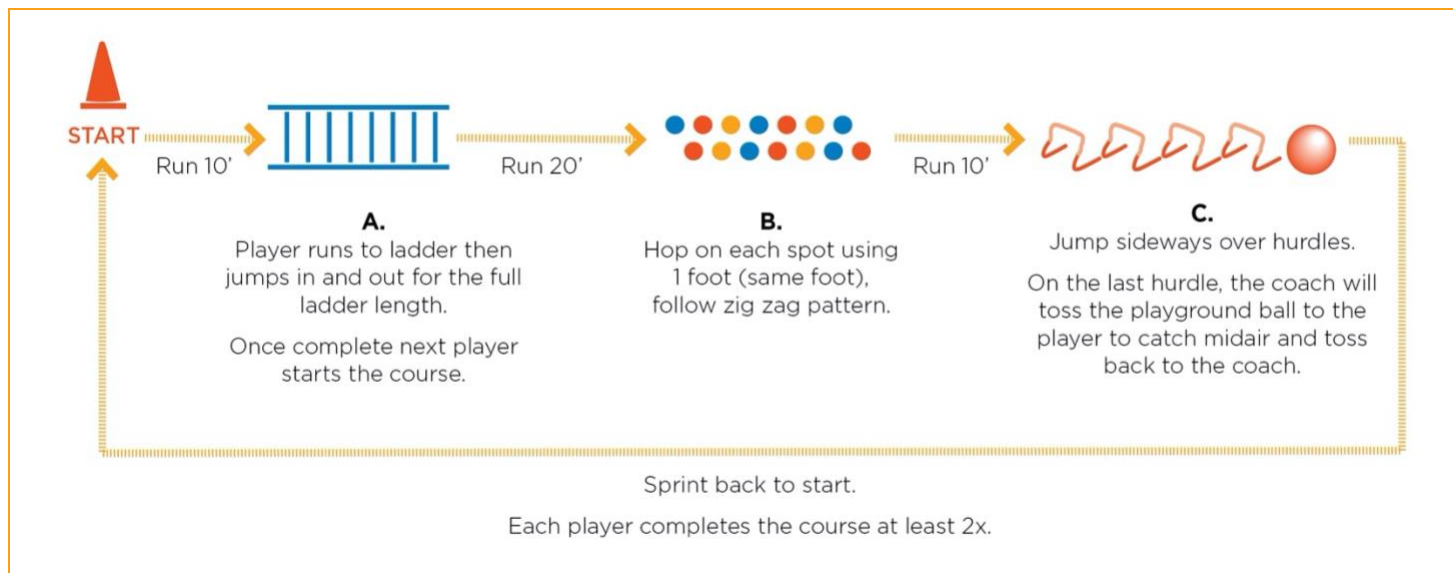
OBSTACLE COURSE (15 min.)

Setup and Instructions

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

- Place all players in a line behind the start cone. The first player in the line starts by running up to the ladder and jumping in and out the for the full length. Once the first player completes the ladder drill, the second player can start.
- Next, the player runs to the spots and hops from spot to spot using 1 foot following the zig-zag pattern — player should stay on the same foot when hopping.
- After the spots, the player runs to the hurdles and proceeds to jump sideways over the hurdles. After the last hurdle, the coach will toss a playground ball to the player. The player must jump up and try to catch the ball while in midair and toss it back to the coach before sprinting back to the start cone. Players should go through the course at least twice.
- Course Variations: 1) Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc. 2) Players can alternate feet when hopping on spots. 3) Instead of the coach throwing the ball, have the first student catch the ball then trade places with the coach to throw the ball to the next player before sprinting back to the start cone, repeat with all players.
- Course Tips: 1) For younger players, Coach can move closer to the player before gently tossing ball. 2) For older players, Coach can stand further away from player before tossing playground ball or use a dodgeball or bean bag instead of a playground ball.

DIAGRAM



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

Turtle Tag

Setup and Instructions

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

Goal of the game: avoid being tagged

- Everyone is “it” in this game
- Players can avoid being tagged by going into their turtle shell. To make a turtle shell, players get down on the ground and cover their head. They can only be in their shell for 5 seconds.
- When players get tagged, they must lay on their back and stick their hands and legs in the air, pretending to be a turtle on its back.
- Players are a turtle on their back until someone comes and tags them back up.
- Game Variation: Instead of everyone being it, game could have 1-2 taggers for a small group or 3-4 taggers for a large group. Change taggers every 5 minutes.

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

Sharks and Minnows

Setup and Instructions

Set up a field of play. Use cones, if necessary, to mark boundaries. A basketball court-sized space is perfect.

Goal of the game: avoid being tagged

- Choose 1-4 players to start off as “sharks”, the sharks do not wear the waist flags.

Fitness Focus: AGILITY

- All other players are the “minnows”, who stand together at one end of the field, wearing waist flags.
- When the coach or the sharks yell, “Swim!”, the minnows try to run across the field to the other side, while the sharks try to grab their waist flags.
- If minnows make it to the other side without getting their flag pulled, they are safe.
- If a minnow’s waist flag gets pulled, they put the flag to the side and become a shark.
- Play until a couple minnows are left, then start a new round.
- Game Variation: When a shark pulls a minnow’s waist flag, they become seaweed, frozen where their flag was pulled and cannot move from that spot, but can tag minnows who pass by within arm’s reach, making them seaweed, as well.

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.