

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • Dodgeballs (1 per pair) • 1 Measuring Tape 	<ul style="list-style-type: none"> • 2 Tall Cone • 6 Poly Spot Markers • 2 Short Cones • 3 Hula Hoops • 1 Measuring Tape 	<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	High Kicks	Knee Hugs	Butt Kickers

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Back Lunges w/ Sandbell	Squat Jumps	Single Leg Toe Touch	Duck Walk

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.
- 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.

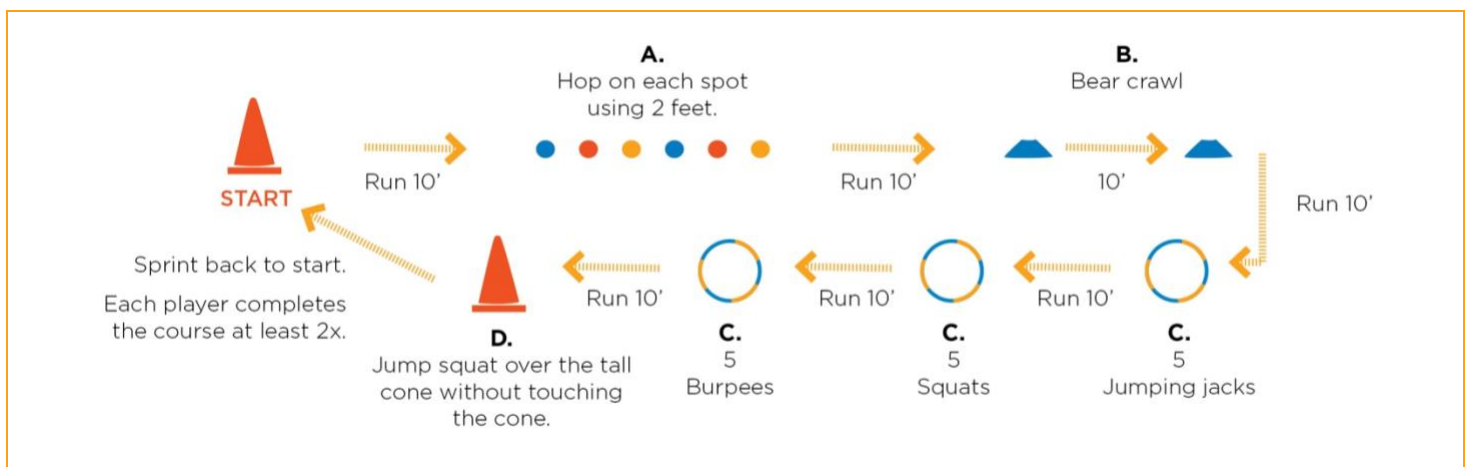
OBSTACLE COURSE (15 min.)

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 starts by running to the first spot and hopping on each spot using two feet.
 - After the last spot, players run to the first cone and bear crawl to the second cone.
 - Next, the player performs 5 jumping jacks in the first hula hoop, 5 squats in the second hoop, and 5 burpees in the third hoop.
 - To finish, the player attempts a jump squat over a tall cone without touching the cone. Players return to the start line to repeat the course. Players should complete course at least twice.
- Course Variations: Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc.
 - Course Tips: 1) For younger players, use a short cone for the jump squat if they are not able to jump the height of the tall cone. 2) For older players, use 2 tall cones for the jump squat. 3) For a large class, set up 2 courses.

DIAGRAM



PE GAME (15 min.)

Catch & Step

Setup and Instructions

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

Goal of the game: work on & become familiar with fitness movements.

- Divide players into pairs. If a group of 3 needs to be created because of odd numbers, that's okay.
- Each pair will get one foam dodgeball and stand facing each other at arm's length distance
- Players will throw and catch the ball with their partner. If a player drops the ball, he/she must do 5 squats before both players take a step back.
- Once a pair is no longer able to catch the ball because of the distance between them, they can start over.
- Game Variation: Players can work on underhand throw, overhand throw, non-dominant hand throwing tricks like under the leg, sitting down, etc.
- Game Tip: Have players switch partners before a new game.

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.

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.

Fitness Focus: LOWER BODY

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).

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.