

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game: K-2 nd
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Ankle Bands • 1 Battle Rope • Measuring Tape 	<ul style="list-style-type: none"> • 3 Tall Cones • 1 Sandbell • 24 Poly Spot Markers • 1 Agility Ladder • Measuring Tape 	<ul style="list-style-type: none"> • 2 Hula Hoops • 2 Dodgeballs <p>PE Game: 3rd-8th</p> <ul style="list-style-type: none"> • 18 Dodgeballs • 2 Pinnies • 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	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: Tug O' 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.

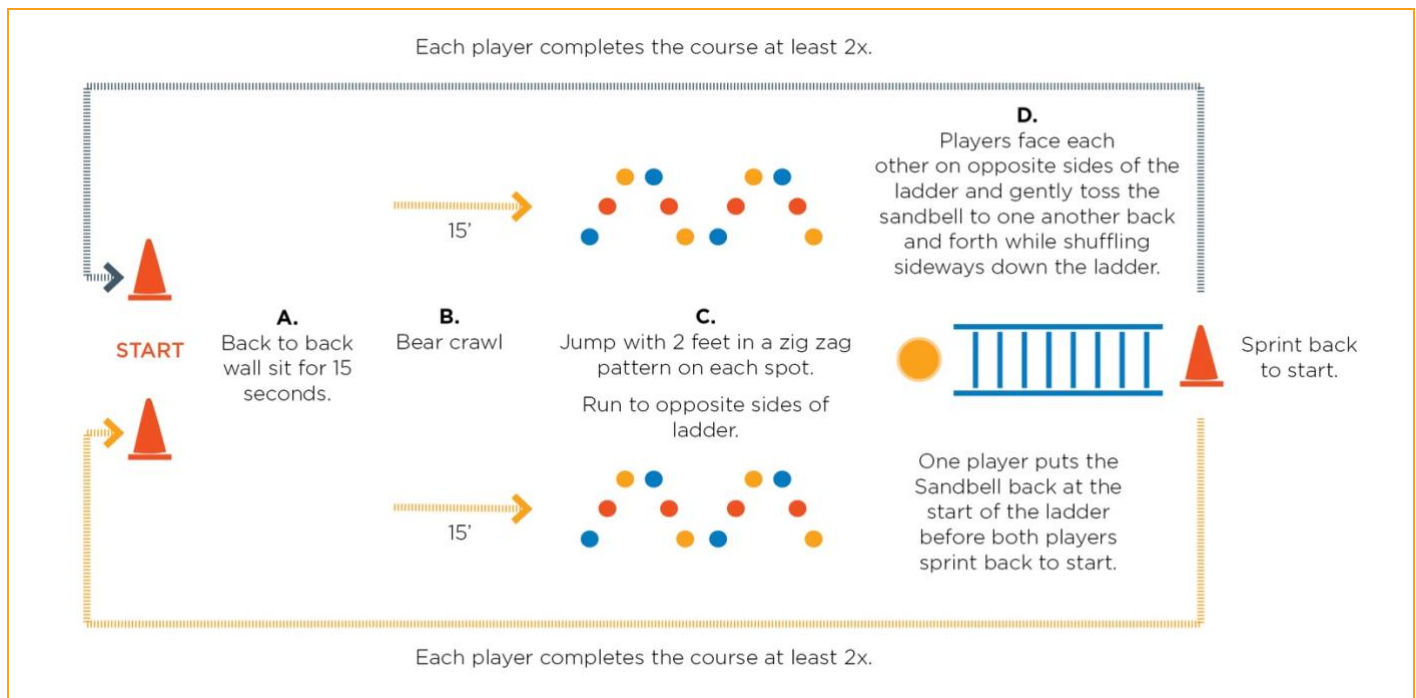
Obstacle Course (15 min.)

Setup and Instructions

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

- Divide players into 2 equal teams and place each team in a line behind a start cone. The first player from each line will do a back-to-back wall sit and hold for 15 seconds.
- Players should then bear crawl from the start cone to the spots.
- Next, players jump with 2 feet in a zig-zag pattern, landing on each spot before running to opposite sides of the ladder.
- Once at the ladder, one player should pick up the sandbell and gently toss to their partner. Players should toss back-and-forth to each other while sideways shuffling down and back up the ladder. One player should put the sandbell back at the start of the ladder before sprinting with partner back to the start of the course. Players should go through the course at least twice.

DIAGRAM



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

Passing Relay

Setup and Instructions

Teams will line up and have a hula hoop at the end of each line.

Goal of the game: get balls from one end to the other.

- Divide players into 2 teams and have players stand in a line, arm's length away from each other.
- The first player in each line will start with a ball, the last player in the line will be at the hula hoop.
- When the coach says "Go", the first player in line will throw the ball to the second player and that player will turn and throw the ball to the third player. This continues until the last player in line catches the ball and places it in the hula hoop.
- If a ball is dropped, the player who threw the ball and the player who dropped the ball must do a high plank for 5 seconds. The player who dropped the ball must run the ball back to the first player then get back in line to begin again.
- Game Variations: 1) add more balls 2) use bean bags instead of balls for older players 3) players can space themselves farther apart to make it more difficult 4) pick different exercises for player to complete if ball is dropped.
- Game Tip: For a large class, divide players into multiple lines.

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

Dr. Dodgeball

Setup and Instructions

Set up a field of play and create a midline with the cones to divide the field of play,

Goal of the game: Throw balls at targets while dodging balls.

- Divide players into 2 teams, each with a Doctor, who wears a pinnie.
- Have teams stand on opposite sides of the field and give each team half of the dodgeballs.
- When the coach says "go", players grab the balls and throw them at the other team, while staying on their half of the field.
- Players who are hit from the shoulders down must sit down where they were hit until the Doctor saves them by tagging them so they can re-enter play.
- Doctors are not targets and cannot get out.
- If a player catches a thrown ball, the thrower is out and sits down to wait for their team's Doctor.
- Play continues until all of one team's players are out.
- Game Variations: 1) Instead of being hit from the shoulders down, it can be changed to waist down. 2) Doctors can get out, or have 3 lives.

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.

Fitness Focus: UPPER BODY

- 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.