

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game: K-2 nd
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • 36 Short Cones • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Hula Hoops • 1 Measuring Tape 	<ul style="list-style-type: none"> • Bean Bags (1 per player) • 36 Short Cones <p>PE Game: 3rd-8th</p> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Soccer Balls • Pinnies (half the players) • 36 Short Cones • 24 Dots/Poly Spots

WARM UPS (5 min.)

Setup and instruction: 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 instruction

- 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: Crocodile Tag (10 min.)

Setup and instruction

- Set up a field of play. Use short cones, if necessary, to mark off boundaries.
- Select 2 players to be “it” and have the remaining players scatter throughout the field of play.
- When the Coach says “Go”, players who are “it” begin trying to tag the other players.
- Players are safe from being tagged when in the “crocodile position” (plank position).
- Players can remain in the crocodile position for 3 seconds at a time before having to get up and run again.
- If a player is tagged, they are “it” and the person who tagged them tries to avoid being tagged.

RELAY RACE (15 min.)

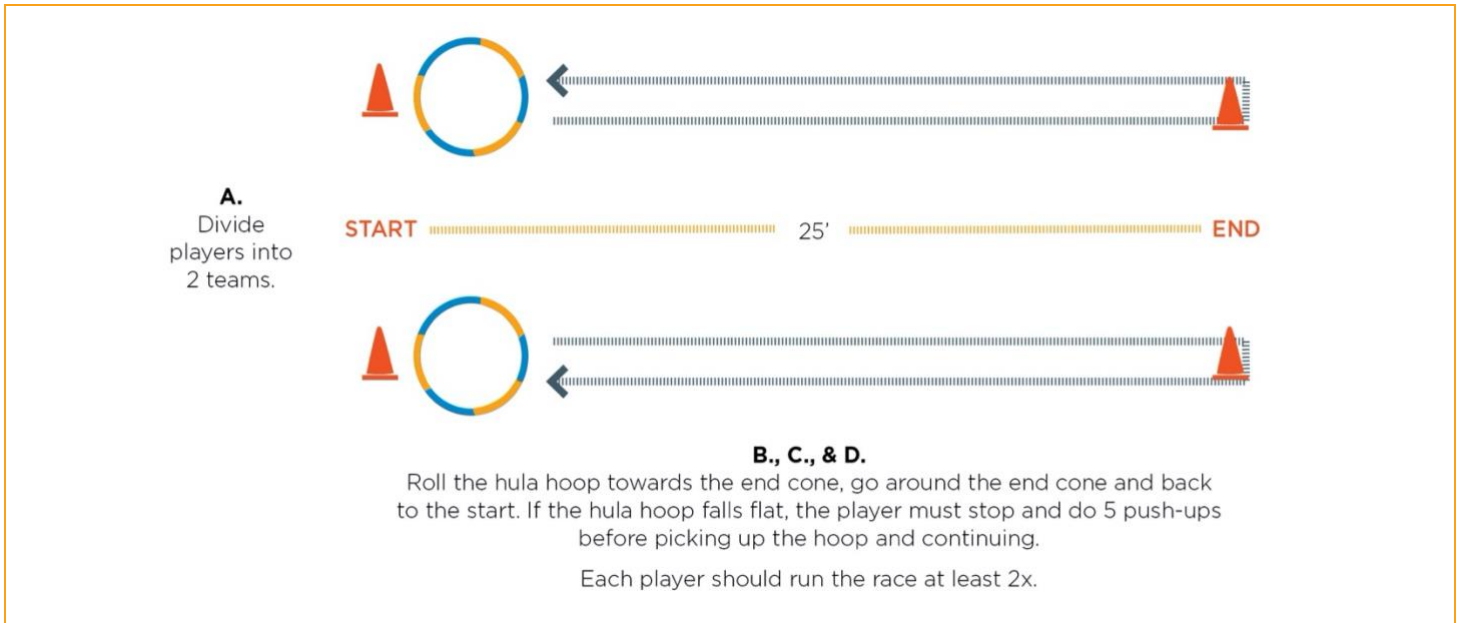
Hula Hoop Race

Setup and Instructions

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

- A. Divide players into 2 teams and have each team line up behind a start cone.
 - B. When the coach says “Go”, the first player from each team rolls the hula hoop toward the end cone, 25 feet away.
 - C. At the end cone, players go around the cone before rolling the hula hoop back to the start cone.
 - D. If the hula hoop falls flat, players must stop and do 5 push-ups before picking up the hula hoop and continuing. Each player should run the race at least twice.
- Relay Variation: For older players, add a hula hoop so they have to roll 2 hoops instead of 1.
 - Relay Tips: 1) For a large class, divide players into multiple teams. 2) For younger players, shorten the distance between start and end cone. 3) For older players, lengthen the distance between the start and end cone.

DIAGRAM



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

Bean Bag Tricks

Setup and instruction

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

Goal of the game: avoid being tagged.

- Each player is given a bean bag. Players use the bean bag to invent tricks such as throwing the bean bag in the air and seeing how many times a player can clap before catching the bean bag.
- Players should be creative in their tricks, like throw and catch under their leg etc.
- Game Variation: Players could pair up or get in small groups and invent tricks as a group.

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

2 + Ball Soccer

Setup and Instructions

Set up a soccer field using small cones. Use Dots/Poly spots to create a midline and use tall cones to create a goal on each half.

Goal of the game: To practice kicking skills.

Fitness Focus: CORE

- Divide players into 2 teams and give one team pinnies to wear.
- This game has soccer rules but uses 2 balls. It's a continuous game. If a team scores with one ball, then that ball is given to the other team.
- Game Variation: 1) Add up to 6 more balls. 2) The coach can choose if teams get to play with goalies.

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.