

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 1 Parachute • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands • 1 Measuring Tape 	<ul style="list-style-type: none"> • 6 Hula Hoops • 6 Tall Cones • Bean Bags (1 per player) • 1 Measuring Tape

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

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: Parachute (10 min.)

Setup and Instructions

- Have all players hold a handle on the parachute.
- Players should work together to get the parachute as high as possible into the air without letting go. When the parachute is at its highest, choose from the following:
 - 1-2 players run around the group and return to their spot(s) before the parachute hits the ground. You can call out the players name(s) or assign each player a number and call out the numbers.

- 2 players whose names or numbers are called change places by running under the parachute before it hits the ground.
- 1 player whose name or number is called runs and tags another player under the parachute, then runs back to his/her spot before the parachute falls. The tagged player waits for the parachute to go up then runs to tag another player.

RELAY RACE (15 min.)

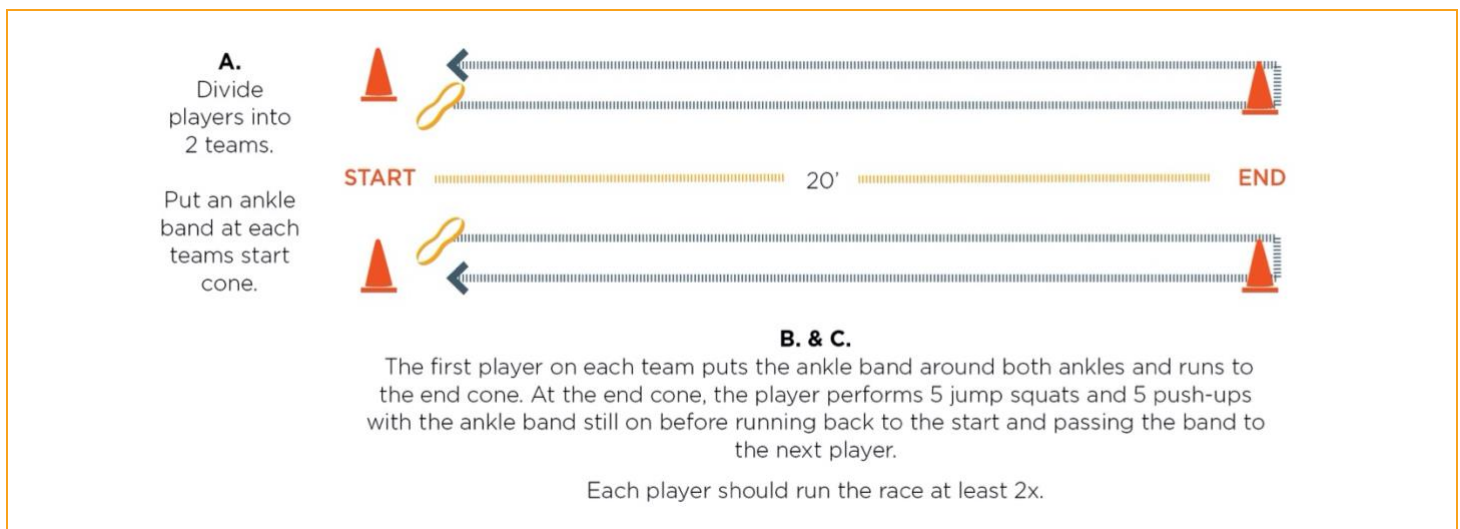
Ankle Band Race

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. Place an ankle band at each team's start cone.
 - The first player from each team puts the ankle band around both ankles and runs to the end cone, 20 feet away.
 - At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on before running back to the start cone and passing the band to the next player in line. Each player should run the race at least twice
- Relay Variation: Instead of running, players can hop, side shuffle, perform lunges, etc. to end cone.
 - 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 (15 min.)

Bean Bag Golf

Setup and Instructions

Create a field of play by spreading out the hula hoops. Place a cone 10 feet away from each hula hoop. Hoops should be set up at different distances and around objects like trees, benches and play structure.

Goal of the game: get the bean bag into the hole (hoop).

- Give each player a bean bag and have them line up behind each of the cones. Players can start at different cones.
- This is similar to golf, players are trying to throw the bean bag into the hoop, which is the hole. Just like golf, they continue to throw it until it lands in the hole.
- After they are done with one hole, they move on to the next.
- The players keep track of the throws and the lowest score wins.
- Game Variation: Place a poly spot inside each hoop. Players must start at the cone and have to try to get their bean bag to land on the spot. If it lands on the spot it's worth 3 points, inside the hula hoop is worth 1 point.
- Game Tip: If limited on space put the hula hoops and cones closer together.

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.

Fitness Focus: AGILITY

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.