

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"> • 16 Poly Spot Markers • 4 Tall Cones • 1 Agility Ladder • 1 Measuring Tape 	<ul style="list-style-type: none"> • 36 Bean Bags • 24 Poly Spot Markers • Dodgeballs (1 per pair) • Short Cones (1 per pair)

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	Jumping Jacks	Arm Circles	Air Punches

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Hand Walks	Push Ups or Incline Push Ups (requires a step or bench)	Shoulder Taps or Plank High 5's (requires a partner)	Rows w/ Sandbell

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.

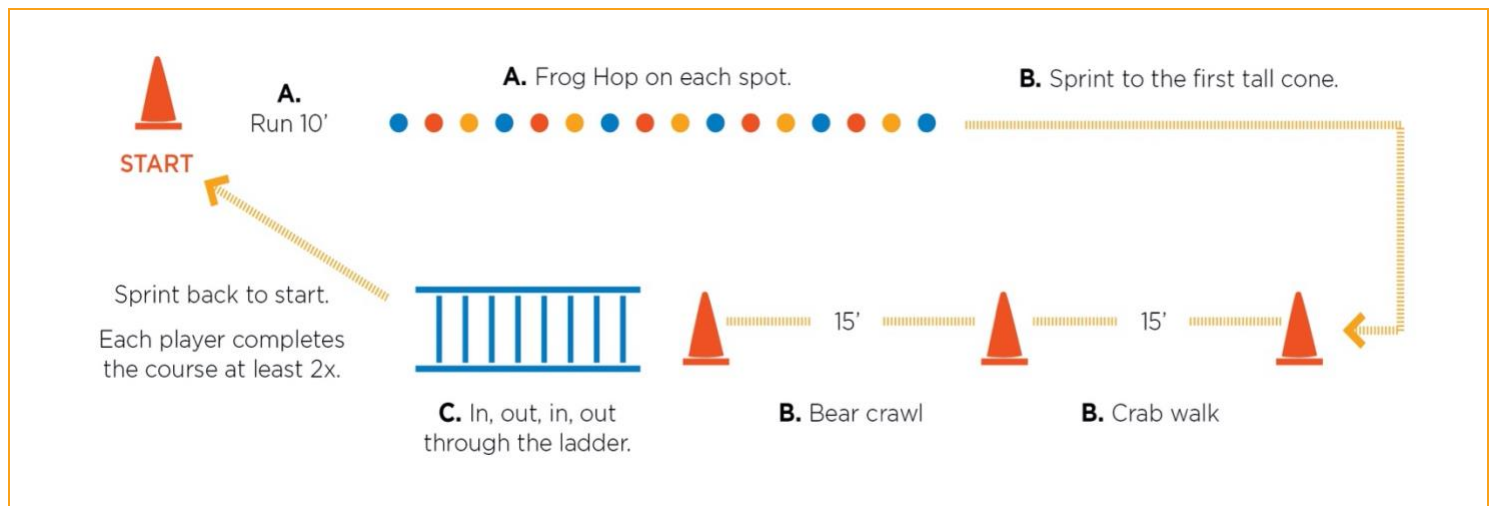
OBSTACLE COURSE (15 min.)

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 runs to the first poly spot then begins frog hops onto each spot. Once the player completes frog hogs, the next player may start the course.
 - After the spots, the player runs to the first tall cone, crab walks to the second tall cone, and bear crawls to the third tall cone.
 - At the ladder, player performs in, out, in, out then runs back to the start line. Players should complete the course at least twice.
- Course Variation: Change crab walk & bear crawl to a different exercise in future rounds. Exercise list available in curriculum book.
 - Course Tip: For a large class, set up 2 courses, with 12 poly spots for each course.

DIAGRAM



PE GAME (15 min.)

Spot Throwing

Setup and Instructions

Create a field of play by setting up cones in a line, 1 cone for every 2 players. On one side of the field, spread out all poly spots and bean bags.

Goal of the game: to throw accurately to partner.

- Put players into pairs and give each pair a dodgeball.
- One player in the pair stands at the cone holding the ball while their partner stands with their foot touching one poly spot or bean bag.
- When the coach says “Go”, the player with the ball throws it to their partner. If their partner catches the ball with their foot still touching the poly spot or bean bag, they pick up the poly spot or bean bag and bring it back to their cone. If they miss the ball, they go back to their cone with nothing. The partners switch, and one throws the ball while the other one catches.
- This continues until all the poly spots and bean bags are gone.
- Teams count up how many poly spots and bean bags they have. The group with the largest gets to pick which exercise the other players will complete.
- Game Variations: Poly spots, bean bags, or colors can be worth different points. Once the teams finish, tell them what each item or color is worth and have them add their points

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.
- 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.