

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 36 Bean Bags • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Tall Cones • 20-30 Bean Bags • 2 Agility Ladders • 1 Measuring Tape 	<ul style="list-style-type: none"> • 18 Dodgeballs • 18 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	Toe Touches	Spider Lunges	Heel Scoops

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Bicycles w/ Sandbell or Standup Bicycles w/ Sandbell	Crab Toe Touch	Seated Flutter Kicks	Tic Tocks

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: Bean Bag Tag (10 min.)

Setup and Instructions

- Create a field of play using short cones. Have all players stand on one side.

- Choose one player to be “it” and have that player stand in the middle of the playing field with 36 beanbags.
- When the coach blows the whistle, all other players try to run from one end of the field of play to the other without being hit by a beanbag thrown by the “it” player.
- Players who get hit with a beanbag must perform a 5 second plank and join the “it” player in the middle to help tag more players.
- The last player to get hit with a beanbag is the first “it” for the next round.
- Game Tip: Remind players that bean bags should be tossed at or below a player’s shoulders.

RELAY RACE (15 min.)

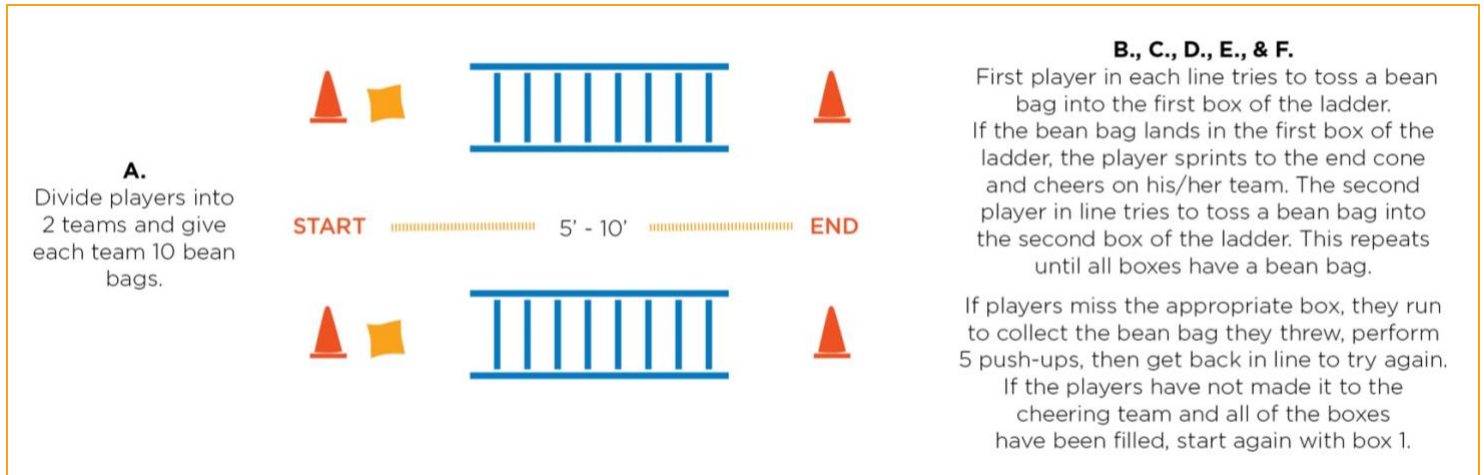
Bean Bag Toss

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. Each team should have at least 10 bean bags in front of each start cone.
 - B. When the coach says “Go”, the first player in each line picks up a bean bag and tries to toss it into the first box of the ladder.
 - C. If that player’s bean bag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team.
 - D. The second player in line then picks up another bean bag and tries to toss it into the second box of the ladder. This repeats until all boxes of the ladder have a bean bag.
 - E. If players have not made it to the cheering team and all boxes have been filled, start again with box 1. In this case, there may be more than one bean bag in each box.
 - F. If players miss the appropriate box, they run to collect the bean bag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line to try again.
- Relay Tips: 1) For younger players, shorten the distance between the start and end cone. 2) For older players, lengthen the distance between the start and end cone.

DIAGRAM



PE GAME (15 min.)

Dodgeball

Setup and Instructions

Set up a field of play and create a midline with cones going across to divide the field.

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

- Divide players into two teams and have teams stand on opposite sides of the field.
- When the Coach says, “Go”, players grab a ball on their side of the field and throw it at the other team, while staying on their half of the field.
- Players who are hit from the shoulders down must complete 5 push-ups on the sideline before going back into the game.
- If a player catches a thrown ball, the thrower must complete 5 push-ups on the sideline before going back into the game.
- Play continues until time has ended.
- Game Variations: 1) instead of being hit from the shoulders down it can be changed to waist down. 2) instead of playing for time, play until all players on one side are out.

MINDFULNESS (1 min.)

Mindful Bubbles

Setup and Instructions

Group students at arm’s length. Students should be calm and quiet before beginning.

Fitness Focus: CORE

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.
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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.