

## EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Sandbells</li> <li>• 1 Battle Rope</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Tall Cone</li> <li>• 4 Hurdles</li> <li>• 10 Poly Spot Markers</li> <li>• 6 Hula Hoops</li> <li>• 1 Sandbell</li> <li>• 2 Short Cones</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Playground Ball</li> <li>• 5 Poly Spot Markers</li> </ul>

## 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	<a href="#">High Kicks</a>	<a href="#">Knee Hugs</a>	<a href="#">Butt Kickers</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Back Lunges w/ Sandbell</a>	<a href="#">Squat Jumps</a>	<a href="#">Single Leg Toe Touch</a>	<a href="#">Duck Walk</a>

### 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 2 teams and line up on opposite ends of the balance rope.

- When the Coach says “Go”, 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.

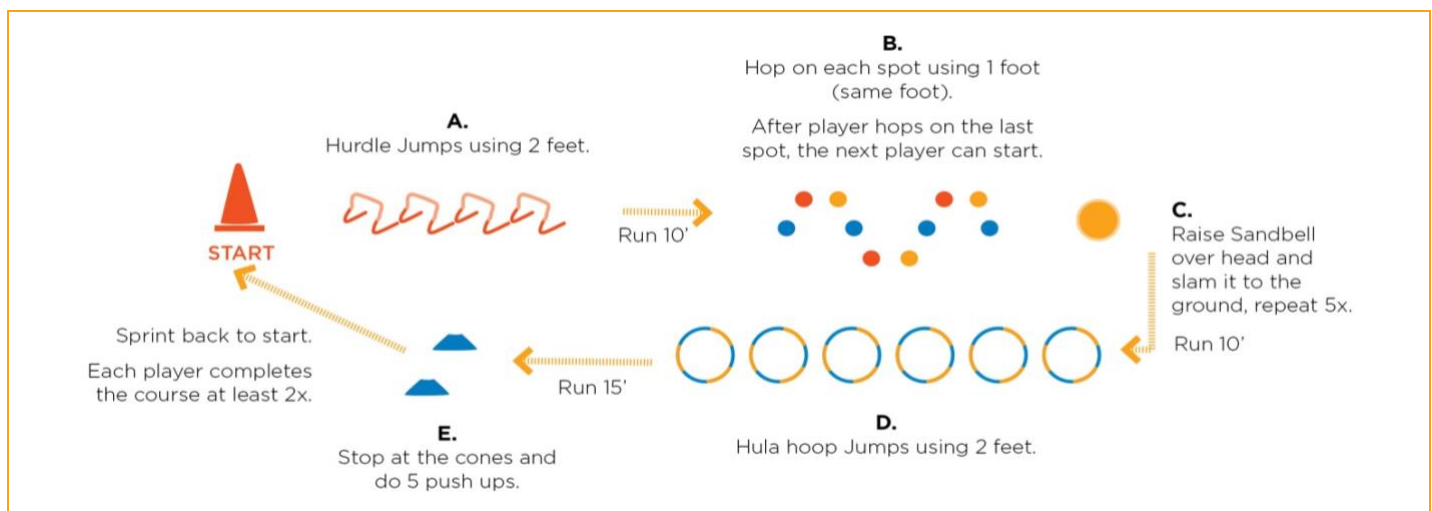
## OBSTACLE COURSE (15 min.)

### Setup and Instructions

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

- Place all players in a line behind the start cone. The first player starts by jumping over each hurdle with two feet.
  - After the last hurdle, the player runs to the spots and jumps on each spot with one foot — player should stay on the same foot when hopping. After the first player hops on the last spot, the second player can start.
  - Next, the player picks up the sandbell, raises it up over their head, and slams it to the ground, repeat 5 times.
  - Once the player completes 5 sandbell slams, he/she runs to the hula hoop and jumps from one to the next with two feet.
  - Last, the player runs to the short cones and completes 5 push-ups before sprinting back to the start line. Each player should complete the course at least twice.
- Course Variation: Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc.

### DIAGRAM



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## PE GAME (15 min.)

### Kickball

#### Setup and Instructions

Set up a kickball field (same as baseball field) using poly spot markers. Field should have 4 bases and 1 pitcher's mound.

Goal of the game: kick the ball and make it around the bases without getting out and also fielding the ball to get the other team out.

- Divide the players into 2 teams and place one team in the outfield and the other at the home base. Each team has a pitcher (can be the coach, a player from the fielding team or a player from their own team) who rolls the ball to the kicker standing at home base.
- The kicker must kick the ball and try to make it to first base or further without getting out. To get a player out, the fielding team must tag a runner with the ball or step on the base while holding the ball before the runner gets to the base.
- When the second kicker kicks, the first kicker should try to run to the next base. If the second player's ball is caught by the opposing team, the first player must go back to the base.
- When a team has 3 outs they switch. Fielding team becomes the kicking team.
- Game Variations: 1) for younger players, the game can be played without a pitcher; place the ball on home plate and the kicker kicks it from there 2) bases could be moved closer or farther apart 3) everyone kicks rule; don't switch at 3 outs.

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## MINDFULNESS (1 min.)

### Body Scan

#### Setup and Instructions

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

The body scan is one of the basic practices in mindfulness, and it is an easy one to teach to children.

Have your kids lie down on their back on a comfortable surface and close their eyes. Then, tell them to squeeze every single muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone. After a few seconds, have them release all their muscles and relax for 20-30 seconds. Encourage them to think about how their body is feeling throughout the activity.

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## 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: LOWER BODY

1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breath.

**1. Wide-Legged Forward Fold**

- Interlace the hands behind the back while placing your feet wide apart.
- Turn your toes slightly in and your heels slightly out.
- Inhale and lengthen your torso, stretching the crown of your head up toward the ceiling.
- While exhaling, fold forward at the hips and gently drop your head.
- Bring your hands to rest on the floor between your legs.
- Hold for 4 breaths while slowly moving side to side like a pendulum.

**2. Malasan (Yogi Squat)**

- Place your hands palm-to-palm at hearts center or on your thighs.
- Squat with your feet slightly more than shoulder width apart. Keep your heels on the floor if you can; otherwise, lift them slightly or support them on a folded mat, rug or towel.
- Press your elbows against your inner knees.
- Hold for 4 breaths.

**3. Supine Spinal Twist**

- While lying on your back, bend the left knee and cross it outside of the right foot.
- Use your hand to put slight pressure on the left knee to push it toward the floor.
- Keep both shoulders squared and rooted to the floor.
- Extend the arms to a T, perpendicular to the torso.
- Turn the head so the eyes can see to the left.
- Hold for 4 and repeat on the opposite side (right knee crossed outside the left foot; head turned so eyes can see to the right).

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## COOLDOWN STRETCHES (5 min.)

**Setup and Instructions**

Group students at arm's length. Complete each stretch twice.

**1. Flamingo Stretch**

- Standing on one leg, bend the opposite leg back.
- Grab the ankle of the bent leg to stretch your quad.
- Hold for 30 seconds. Relax the stretch then switch sides.

**2. Toe Touch**

- With straight legs and feet pointed forward, reach down as far as possible to touch your toes.
- Hold for 30 seconds. Relax the stretch then switch sides.