

## EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game: K-2 <sup>nd</sup>
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Ankle Bands</li> <li>• 9 Hula Hoops</li> <li>• 9 Bean Bags of color A (1 per player)</li> <li>• 9 Bean Bags of color B (1 per player)</li> <li>• 4 Hurdles</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Sandbells</li> <li>• 20 Poly Spot Markers</li> <li>• 36 Bean Bags</li> <li>• 3 Hula Hoops</li> <li>• 4 Tall Cones</li> <li>• 2 Agility Ladders</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 36 Short Cones</li> </ul> <p><b>PE Game: 3<sup>rd</sup>-8<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• 2 Hula Hoops</li> <li>• 2 Sandbells</li> <li>• 36 Short Cones</li> <li>• 24 Dots/Poly Spots</li> <li>• Waist Flags (1 per player)</li> </ul>

## WARM UPS (5 min.)

**Setup & 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="#">Air Drumming</a>	<a href="#">Seal Jack</a>	<a href="#">Air Jump Rope</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Inch Worms</a>	<a href="#">High Plank</a>	<a href="#">Bicep Curls w/ Ankle Bands</a>	<a href="#">Y's, T's &amp; W's</a>

**Setup & Instructions:**

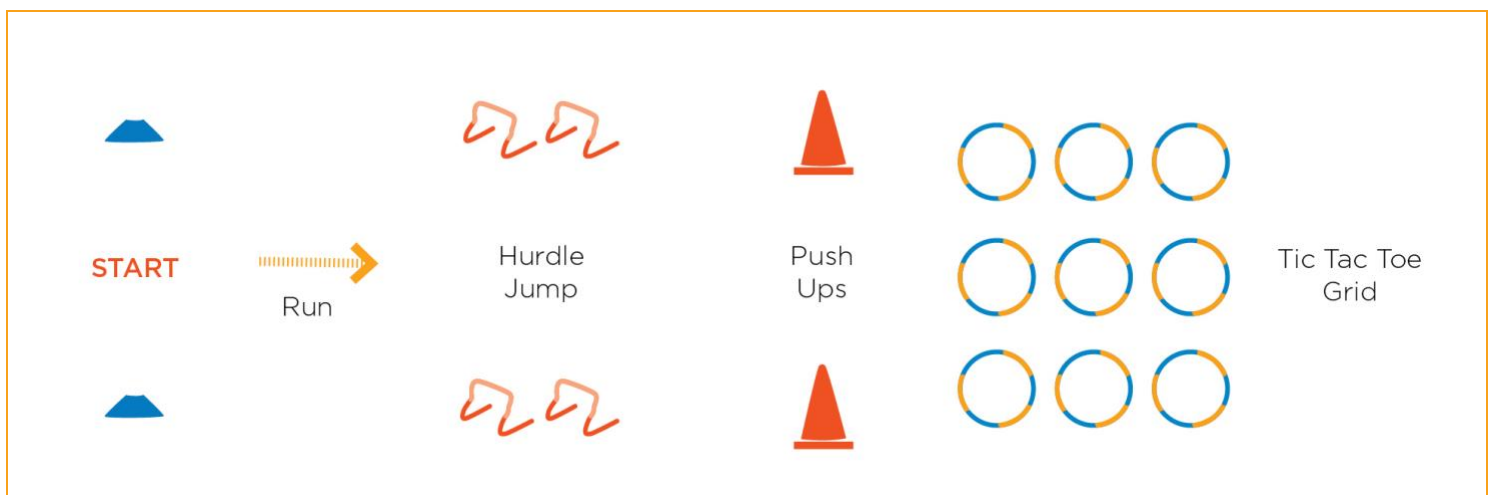
- Use 4 tall cones to designate 4 stations. Each station should be approximately 25 feet apart.
- Divide the players into 4 small groups — 1 group per station.
- All players begin at the same time by performing the fitness movement at their station for 30 seconds. When time is up, players can rotate by skipping, jogging, hopping, or running to the next station.
- Players should complete each station at least 3 times.

### GAME: Tic Tac Toe (10 min.)

**Setup and Instructions**

- See diagram for setup.

- The first player from each team jumps over both hurdles, completes 5 push-ups at the tall cone, then tosses their beanbag into one of the hula hoops. If their bean bag makes it into the hoop player runs back to start cone. If player misses, they should pick up bean bag and run back to start cone.
- Each player after takes a turn running the course and tossing a beanbag until one team is able to get 3 bean bags in a row (vertical, horizontal or diagonal).
- Game Variation: Create different obstacle courses to run through before tossing bean bag into a hoop. Examples: agility ladder drills, frog hops on poly spot, etc.

**DIAGRAM**


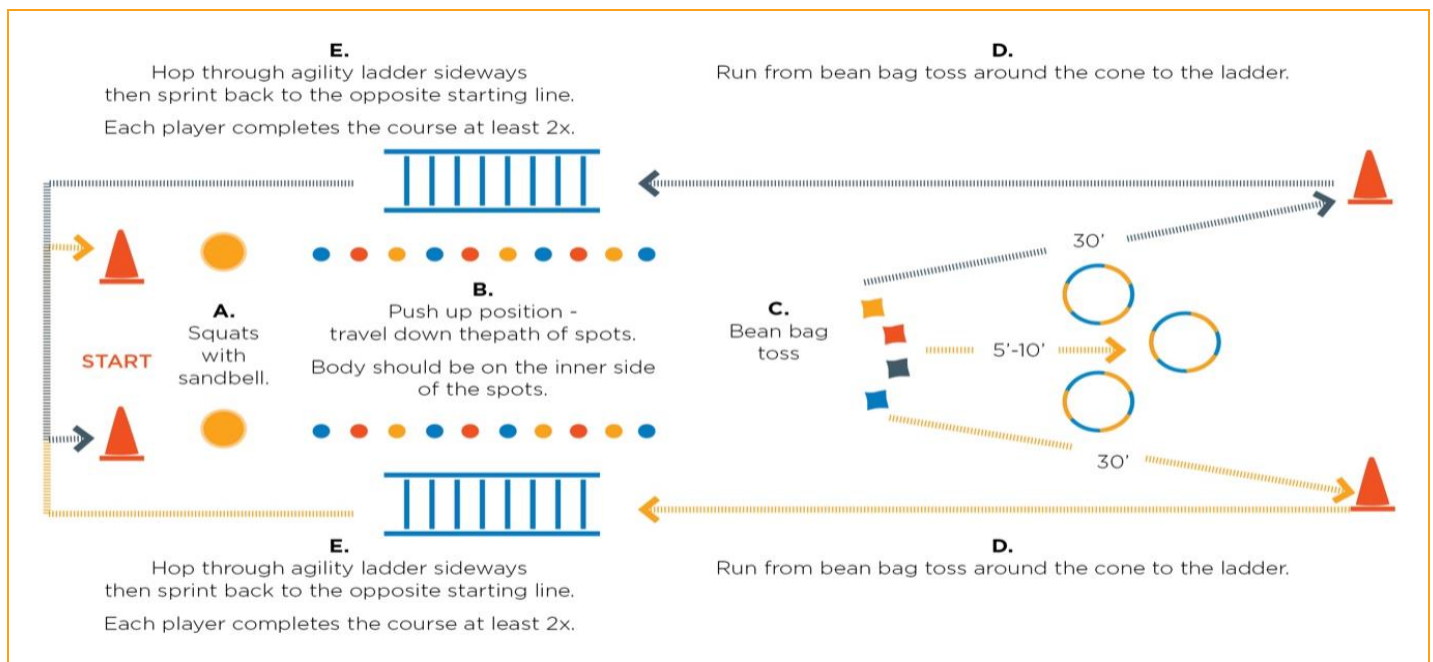
## Obstacle Course (15 min.)

### Setup & Instructions:

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

- Divide players into 2 equal teams and place each team in a line behind a start cone. The first player from each line picks up a sandbell and performs 10 squats.
  - Then, in a push-up position, place hands on the first spot and travel down the spots, transferring hands from one spot to the next. Players bodies should be on the inner side of the spots.
  - After the spots, players try to toss one bean bag into a hula-hoop that is 5-10 feet away.
  - Once they get a bean bag into the hula-hoop, player runs down and around the cone that is 30 feet away.
  - Last, players hop through the agility ladder sideways then sprint back to the start in the opposite line they started. Players should go through course at least twice.
- Course Variation: Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc.
  - Course Tip: For younger players, shorten distance between bean bags and hula hoops.

### DIAGRAM



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## PE GAME: K-2<sup>nd</sup> (15 min.)

### Turtle Tag

#### Setup and Instructions

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

Goal of the game: avoid being tagged

- Everyone is “it” in this game
- Players can avoid being tagged by going into their turtle shell. To make a turtle shell, players get down on the ground and cover their head. They can only be in their shell for 5 seconds.
- When players get tagged, they must lay on their back and stick their hands and legs in the air, pretending to be a turtle on its back.
- Players are a turtle on their back until someone comes and tags them back up.
- Game Variation: Instead of everyone being it, game could have 1-2 taggers for a small group or 3-4 taggers for a large group. Change taggers every 5 minutes.

## PE GAME: 3<sup>rd</sup>-8<sup>th</sup> (15 min.)

### Capture the Flag

#### Setup and Instructions

Set up a field about the size of a basketball court or as big as a soccer field. Use short cones to mark boundaries. Use Dots/Poly spots to create a midline. Place a hula hoop on each side with a medicine ball in each hoop. The sandbell is the “flag”.

Goal of the game: Practice offensive and defensive skills.

- Divide players into 2 teams and give all players waist flags to wear. Only one team should wear the pinnies.
- Teams will start on opposite sides of the field.
- When the coach says, “Go!”, players will try to run onto the other side to get the other team’s flag (sandbell), while also trying to stop the other team from getting their flag (sandbell).
- When the players run to the other team’s side, their flags can be pulled.
- Players whose flags are pulled go to the sideline and perform jumping jacks, push-ups or planks to get back into the game.
- When a player runs past the other team and makes it to the hula hoop, they are safe, and their flags cannot be pulled. If they can run back safely to their side with the flag (sandbell), their team wins.
- Game Variation: Instead of players going to the sideline when their flag is pulled, they can go to a hula hoop and are stuck there until one of their teammates comes and saves them and walks them back to their team’s side.

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## 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.

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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.

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.

Fitness Focus: UPPER BODY

- Hold for 4 breaths.

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## 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.