

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game: K-5 th
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • 36 Short Cones • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Short Cones • 12 Tall Cones • 2 Sandbells • 1 Measuring Tape 	<ul style="list-style-type: none"> • 3-5 Dodgeballs • 36 Short Cones <p>PE Game: 6th-8th</p> <ul style="list-style-type: none"> • 36 Short Cones • Dodgeballs (1 per player)

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	Side Bends	High Kicks	Running Arms

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Kickouts	Mountain Climbers	Seated Heel Drops	Side Bend w/ Kettle Bell

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: Frogger (10 min.)

Setup and Instructions

- Set up a field of play using short cones.

Fitness Focus: CORE

- Divide the players into 3 groups: 1 of “frogs” and 2 groups of throwers.
- Have the 2 thrower groups stand on opposite sides of the field of play and give each thrower group 8 dodgeballs. The frogs should stand to the side of the field, ready to frog jump across.
- When the says “Go”, the frogs begin frog jumping from one side of the field to the other, trying not to get hit with a dodgeball along the way.
- If a frog is hit, they must run to the sideline and complete 5 push-ups.
- Once all the frogs are out, switch groups so that each group gets to be the frogs.

RELAY RACE (15 min.)

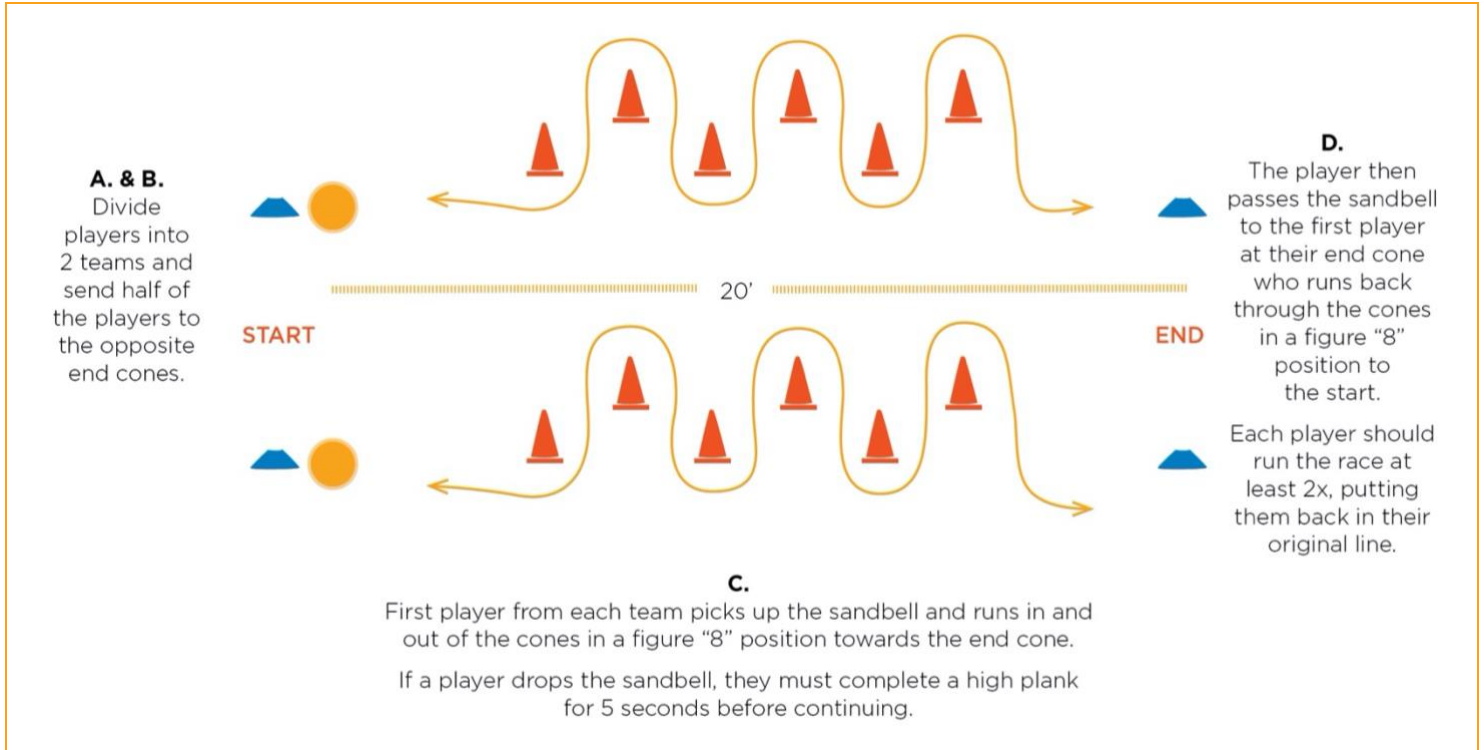
Figure 8's

Setup and Instructions

Set up relay race in a space that accommodates the size of the group.

- A. Divide players into 2 equal teams and have each team line up behind a start cone.
 - B. Divide each team in half and send half the players to the opposite end cone.
 - C. The first player from each team at the start cone, picks up a sandbell. When the coach says “Go”, they run in and out of the cones in a figure “8” position towards the end cone. If a player drops the sandbell, they must complete a high plank for 5 seconds before continuing.
 - D. The player then passes the sandbell to the first player at the end cone who then runs in and out of the cones in a figure “8” position towards the start cone. Each player should run the race at least twice, putting them back in their original line.
- Relay Variations: 1) Mix up the teams each round. 2) Lengthen the distance between the start and end cone. 3) Instead of running through the cones, players can skip or hop. 4) For older players, increase the weight by adding a 6lb. sandbell or replacing the 6lb. with a 10lb. sandbell.

DIAGRAM



PE GAME: K-5th (15 min.)

Fainting Goat Tag

Setup and Instructions

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

Goal of the game: avoid being tagged

- Pick 3-5 players to be taggers and give each a dodgeball. Everyone else is a goat.
- The taggers try to tag the goats who can faint to avoid being tagged.
- When fainting, the goat must fall over and pretend they fainted. Fainted goats can only be safe for 5 seconds before they have to start running again.
- If a goat gets tagged, the goat becomes the tagger and the person who tagged the goat becomes a goat.
- Game Tip: This game is fun to play on grass so players can get into fainting.

PE GAME: 6th-8th (15 min.)

Last One Standing Dodgeball

Setup and Instructions

Set up a field of play by placing cones around the perimeter.

Goal of the game: Practice throwing balls at targets.

- This game is everyone for themselves.
- Players spread out inside the field of play and can move anywhere inside the field, but when holding a ball they cannot move.
- Each player receives a dodgeball.
- On the coach's signal, players start throwing balls at each other.
- Players who are hit from the shoulders down go to the side and remain there for the rest of the game but are not out. These players stay outside the perimeter, and if a ball comes out of the field they can pick it up and throw it at players who are in the middle.
- If a player catches a thrown ball, the thrower is out unless he/she already is throwing from outside the perimeter.
- The last player standing in the middle is the champ.
- Game Variation: Instead of being hit from the shoulders down, change to waist down.

MINDFULNESS (1 min.)

Mindful Bubbles

Setup and Instructions

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

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.

Fitness Focus: CORE

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.

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.