

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • Dodgeballs (1 per pair) • 1 Measuring Tape 	<ul style="list-style-type: none"> • 1 Tall Cone • 1 Agility Ladder • 14 Poly Spots • 4 Hurdles • 1 Playground Ball • 1 Measuring Tape 	<ul style="list-style-type: none"> • 36 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	Quad Stretch	Toe Walks	Heel Walks

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Squat Hold w/ Kettle Bell	Single Leg Balance w/ Sandbell	Side Lunges	Calf Raises

- 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.

Fitness Focus: LOWER BODY

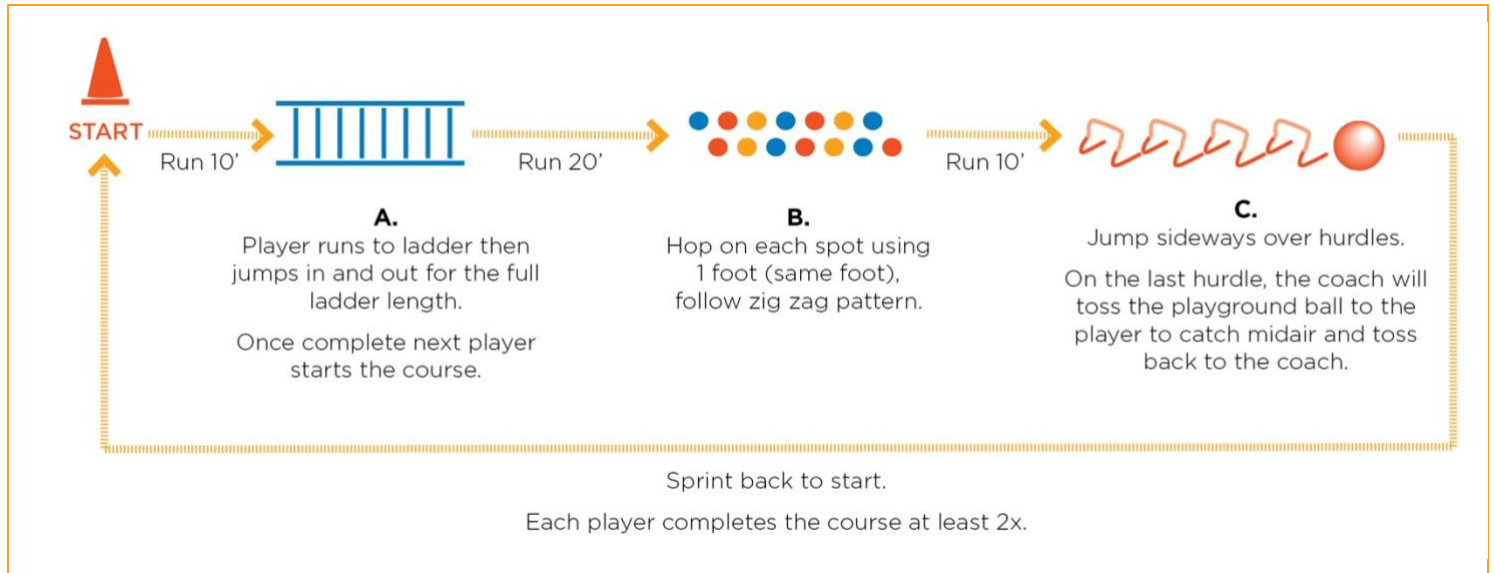
- When Coach calls, “Head” “Shoulders” “Knees” or “Toes”, in any order, players should touch whichever part of their body the Coach calls out.
- When the Coach says, “Ball”, players race to grab the ball.
- The first player to grab the ball calls out an exercise for the other player to do 5x. Repeat 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 in the line starts by running up to the ladder and jumping in and out the for the full length. Once the first player completes the ladder drill, the second player can start.
 - Next, the player runs to the spots and hops from spot to spot using 1 foot following the zig-zag pattern — player should stay on the same foot when hopping.
 - After the spots, the player runs to the hurdles and proceeds to jump sideways over the hurdles. After the last hurdle, the coach will toss a playground ball to the player. The player must jump up and try to catch the ball while in midair and toss it back to the coach before sprinting back to the start cone. Players should go through the course at least twice.
- Course Variations: 1) Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc. 2) Players can alternate feet when hopping on spots. 3) Instead of the coach throwing the ball, have the first student catch the ball then trade places with the coach to throw the ball to the next player before sprinting back to the start cone, repeat with all players.
 - Course Tips: 1) For younger players, Coach can move closer to the player before gently tossing ball. 2) For older players, Coach can stand further away from player before tossing playground ball or use a dodgeball or bean bag instead of a playground ball.

DIAGRAM



PE GAME (15 min.)

Pacman Tag

Setup and Instructions:

If no basketball court with lines on the ground is available, use cones to make a rectangle with different lines connecting the sides of the rectangle.

Goal of the game: stay on the line and not get tagged.

- Choose 1-2 players to start off as "Pac" people. These players will carry the dodgeballs.
- When the Coach says "Go", all players, including the Pac people have to run and move on the lines. They can travel in any direction but are not allowed to jump lines. To get to another line, players must run until they come to an intersection with another line.
- Pac people must try to tag others with the ball. If a player is tagged, they must sit down on the line and become a barrier. Only Pac people can run past the barrier. Game continues until all players have been tagged.
- Game Variations: 1) instead of running, players can skip, walk, hop, etc. 2) when players are tagged, they can become a temporary roadblock. The tagged player performs an exercise for a count of 10 (e.g. 10 sit ups, 10 push-ups, 10 squats, etc.). When tagged, no one can pass the player doing the exercise except the Pac people.
- Game Tip: For a large class or to make the rounds go quicker, start with more Pac people.

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.

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. 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 with 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).

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.