

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 2 Sandbells • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands • 2 Agility Ladders • 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	Skip Forward/Backward	High Knees	Toe Walks

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Speed Mountain Climbers	Bound	Skiers	Twists

- 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: Over or Under (10 min.)

Setup and Instructions

- Set up 2 tall cones 20 feet apart.
- Divide players into 2 teams and give each team a sandbell. Each team lines up at a start cone, one player behind the other.
- Facing the end cone the first player in the line starts by passing the sandbell either overhead or between his/her legs to the player behind.
- The next player passes the sandbell either overhead or between his/her legs to the player behind.

- Players continue passing the sandbell over or under until it reaches the end of the line, at which time the last player runs with the sandbell to the front of the line and starts again.
- Game Tip: For a large class, Coach can divide players into multiple teams.

RELAY RACE (15 min.)

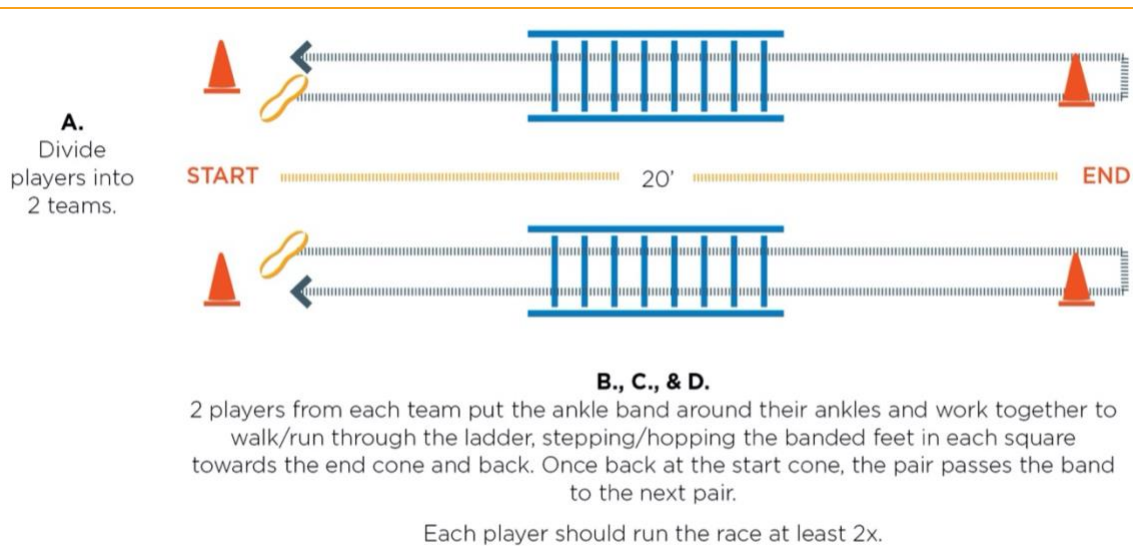
Three-Legged Race

Setup and Instructions

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

- Divide players into 2 teams and have each team line up behind a start cone.
- When the coach says “Go”, the first 2 players from each team put the ankle band around their ankles. One player will have the band around his/her left ankle and the other will have the band around his/her right ankle.
- Once the ankle band is on, the players work together to walk/run through the ladder, stepping/hopping the banded feet in each square, towards the end cone, 20 feet away.
- At the end cone, players go around the cone before repeating the movement back to the start cone where one player passes the ankle band to the next 2 players in line. Each player should run the race at least twice.

DIAGRAM



PE GAME (15 min.)

Chaos Tag

Setup and Instructions

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

Goal of the game: Work on chasing and fleeing skills.

- In this tag game everyone is “it”.
- If players get tagged, they must take a seat on the ground and may not get up until the player who tagged them gets tagged and sits.
- For example, if Player A tags Player B, Player B is sitting on the ground and watching to see when Player A gets tagged. Once Player A gets tagged by Player C, Player A sits down and Player B gets up.
- Game Variations: If the game has stalled, the coach may yell, “Break!” That means everyone is free and back up again and the game resets.

MINDFULNESS (1 min.)

Heartbeat Exercise

Setup and Instructions

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

Paying attention to one’s heartbeat has a role in many mindfulness exercises and activities. Kids can learn how to apply this mindfulness practice to their own lives, as well.

Tell your kids to jump up and down or run in place or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their heart. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeat and helps them practice their focus. These skills will come in handy as they start engaging in more advanced mindfulness activities.

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: AGILITY

1. [Downward Facing Dog](#)

- Begin on your hands and knees.
- Curl your toes under, straighten your knees, and lift your hips.
- Keep your head between your arms.
- The feet are a foot apart, the legs are straight, and the hips are raised as high as possible.
- Hold for 4 breaths. Relax the pose by lowering your knees to the floor.

2. [Pigeon Pose](#)

- Begin in Downward Facing Dog.
- Step one foot forward, into a low lunge, setting your foot closer to your opposite hand.
- Allow your back knee to lower to your mat, as you tip your front knee to open your front hip.
- Keep your hands on the floor and sit up tall – be sure to keep your hips facing forward.
- Hold this pose for a couple of breaths.
- Step your front leg back, and press into Downward Facing Dog.
- Hold for 4 breaths. Repeat on your opposite side.

3. [Lizard Pose](#)

- Begin in Downward-Facing Dog.
- On an exhale, step your right foot forward to the outside (pinky finger) edge of your right hand. Both arms should be to the left of the right leg.
- Lower your left knee down onto the ground and release the top of your left foot.
- Hold for 4 breaths, move back to Downward Facing Dog, and then repeat Lizard Pose with the other leg.

COOLDOWN STRETCHES (5 min.)

Setup and Instructions

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

1. [Crossed Toe Touch](#)

- Standing straight, raise your hands above your head.
- Cross your right ankle over your left and gently bend forward bringing your hands down to your feet.
- Hold for 30 seconds. Relax the stretch then switch sides.

2. [Toe Touch Twist](#)

- 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.