

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 1 Battle Rope • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Hurdles • 1 Sandbell • 1 Agility Ladders • 3 Tall Cones • 1 Measuring Tape 	<ul style="list-style-type: none"> • Flag Belts (1 per player) • 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	Jumping Jacks	Arm Circles	Air Punches

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Hand Walks	Push Ups or Incline Push Ups (requires a step or bench)	Shoulder Taps or Plank High 5's (requires a partner)	Rows w/ Sandbell

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.

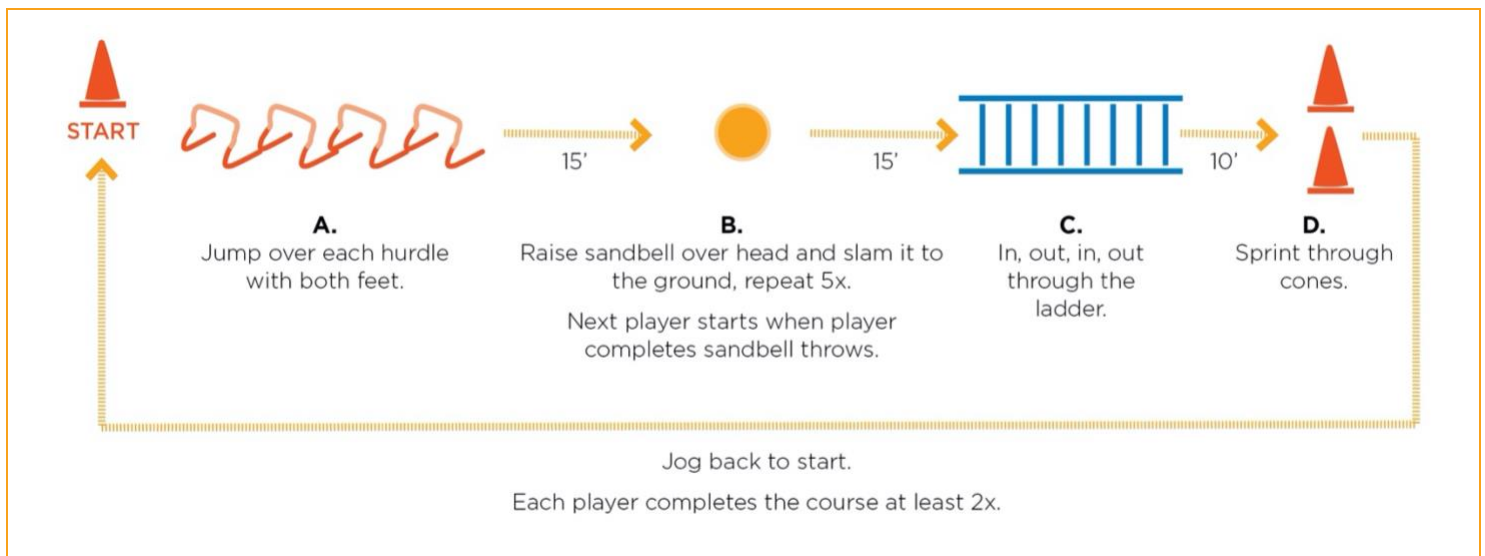
Obstacle Course (15 min.)

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 jumps over each hurdle landing both feet on the ground before jumping again.
 - Next, the player picks up the sandbell, raises it over head, and slams it to the ground, repeat 5 times. Once the player completes sandbell throws, the next player may start the course.
 - The player then performs in, out, in, out through the ladder.
 - After the ladder, the player should sprint through the end cones and then jog back to the start line. Each player should complete the course twice.
- Course Tip: For a large class, Coach can set up 2 courses, with 2 hurdles for each course.

DIAGRAM



PE GAME (15 min.)

Gotcha Flag Tag

Setup and Instructions

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

Goal of the game: players pull another players flag belt without getting their own pulled.

- Everyone puts on a flag belt.
- In this tag game everyone is “it”. Players run around and try to pull each other’s flag.
- When a player pulls off a flag belt they say “gotcha.” The player whose flag was pulled must complete 5 jumping jacks before putting the flag belt back on and getting back in the game. Play for time.
- Game Variation: Change jumping jacks to squats, push-ups, burpees, etc.

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.

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: UPPER BODY

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.
- Hold for 4 breaths.

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.