

EQUIPMENT LIST

| Fitness Stations & Game | Relay Race | PE Game |
|---|---|---|
| <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 1 Measuring Tape | <ul style="list-style-type: none"> • 4 Tall Cones • 2 Sandbells • 1 Measuring Tape | <ul style="list-style-type: none"> • 36 Short Cones • Flag Belts (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 | Toe Touches | Spider Lunges | Heel Scoops |

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

| Station 1 | Station 2 | Station 3 | Station 4 |
|--|--------------------------------|--------------------------------------|---------------------------|
| Bicycles w/ Sandbell or Standup Bicycles w/ Sandbell | Crab Toe Touch | Seated Flutter Kicks | Tic Tocks |

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: Hot Potato (10 min.)

Setup and Instructions

- Players sit or stand in a circle; 2 players opposite each other start with a sandbell.
- When the coach says, “Go,” players pass the sandbell around the circle.
- When the coach says “Stop,” the 2 players with the sandbell must do 5 push-ups.
- Play until all or most of the players have been caught with the hot potato.

- Game Tips: 1) if there are more than 10 players, set up 2 circles with 2 sandbells for each circle 2) to make things more fun, play music instead of saying “Go” then stop music instead of saying “Stop”.

RELAY RACE (15 min.)

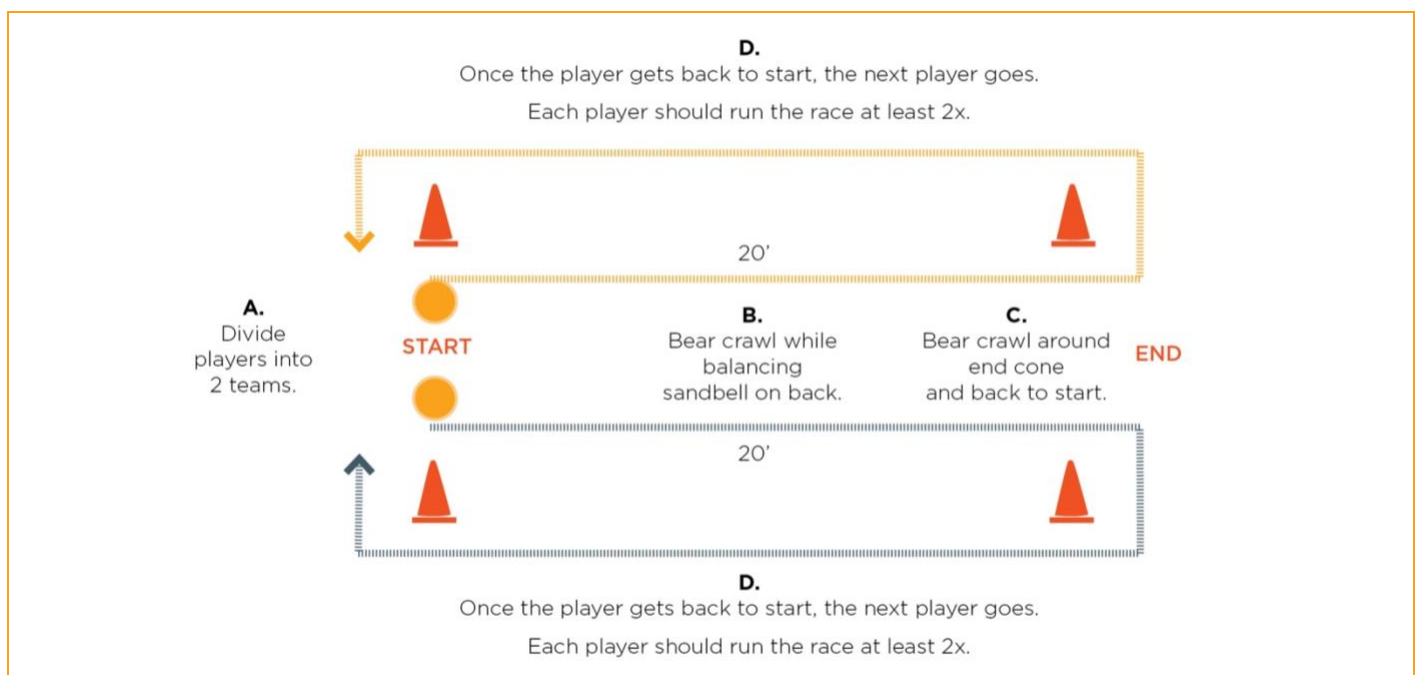
Bear Crawls & Sandbells, Oh My!

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 bear crawl to the end cone, 20 feet away while balancing a sandbell on their back.
 - At the end cone, players go around the cone before bear crawling back to the start cone.
 - When the player returns to their line, the next player goes. Each player should run the race at least twice.
- Relay Variation: Instead of bear crawling, players can crab walk while balancing the sandbell on their stomach.
 - Relay Tips: 1) For a large class, divide players into 4 teams and set up 2 courses. 2) For younger players, shorten the distance between the start and end cones. 3) For older players, lengthen the distance between the start and end cones.

DIAGRAM



PE GAME (15 min.)

Sharks and Minnows

Setup and Instructions

Set up a field of play. Use cones, if necessary, to mark boundaries. A basketball court-sized space is perfect.

Goal of the game: be quick to avoid being tagged by sharks and try to tag the minnows.

- Choose 1-4 players to start off as “sharks”, the sharks do not wear the waist flags.
- All other players are the “minnows”, who stand together at one end of the field, wearing waist flags.
- When the coach or the sharks yell, “Swim!”, the minnows try to run across the field to the other side, while the sharks try to grab their waist flags.
- If minnows make it to the other side without getting their flag pulled, they are safe.
- If a minnow’s waist flag gets pulled, they put the flag to the side and become a shark.
- Play until a couple minnows are left, then start a new round.
- Game Variation: When a shark pulls a minnow’s waist flag, they become seaweed, frozen where their flag was pulled and cannot move from that spot but can tag minnows who pass by within arm’s reach, making them seaweed, as well.

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.