

EQUIPMENT LIST

| Fitness Stations & Game | Obstacle Course | PE Game: K-5 th |
|--|---|--|
| <ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 9 Hula Hoops • 9 Bean Bags of color A (1 per player) • 9 Bean Bags of color B (1 per player) • 4 Hurdles • 1 Measuring Tape | <ul style="list-style-type: none"> • 2 Tall Cone • 6 Poly Spot Markers • 2 Short Cones • 3 Hula Hoops • 1 Measuring Tape | <ul style="list-style-type: none"> • 36 Short Cones <p>PE Game: 6th-8th</p> <ul style="list-style-type: none"> • 36 Short Cones • Dodgeballs |

WARM UPS (5 min.)

Setup & 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 | High Kicks | Knee Hugs | Butt Kickers |

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

| Station 1 | Station 2 | Station 3 | Station 4 |
|---|-----------------------------|--------------------------------------|---------------------------|
| Back Lunges w/ Sandbell | Squat Jumps | Single Leg Toe Touch | Duck Walk |

Setup & Instructions

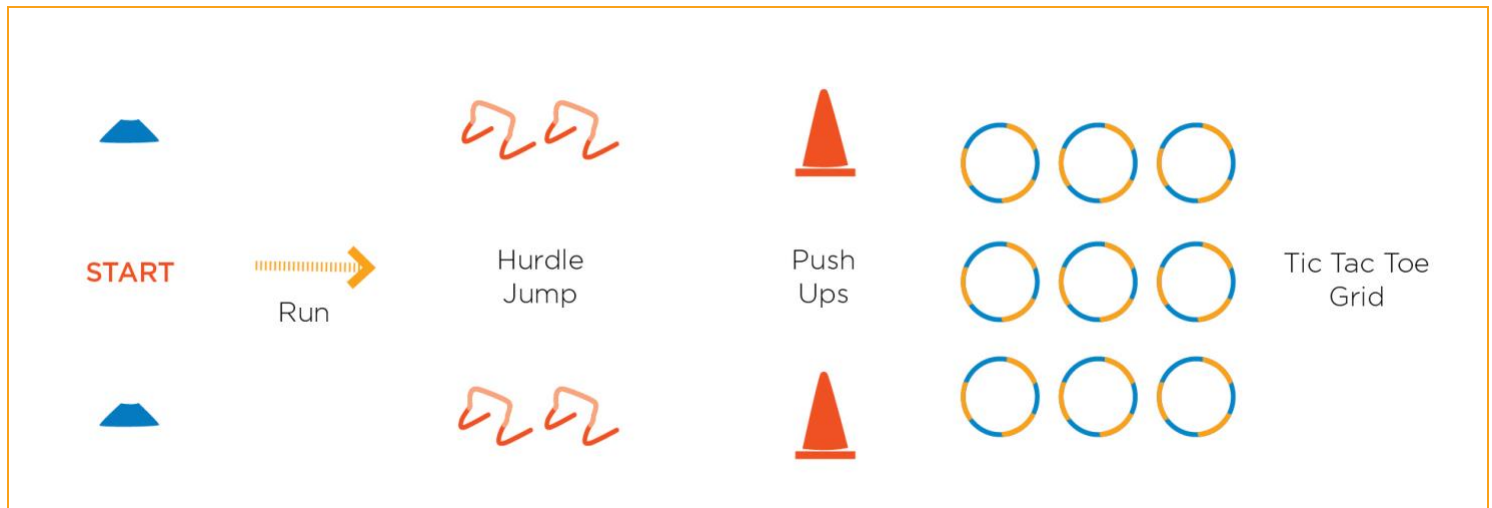
- Use 4 tall cones to designate 4 stations. Each station should be approximately 25 feet apart.
- Divide the players into 4 small groups — 1 group per station.
- All players begin at the same time by performing the fitness movement at their station for 30 seconds. When time is up, players can rotate by skipping, jogging, hopping, or running to the next station.
- Players should complete each station at least 3 times.

GAME: Tic Tac Toe (10 min.)

Setup and Instructions

- See diagram for setup.
- The first player from each team jumps over both hurdles, completes 5 push-ups at the tall cone, then tosses their beanbag into one of the hula hoops. If their bean bag makes it into the hoop player runs back to start cone. If player misses, they should pick up bean bag and run back to start cone.
- Each player after takes a turn running the course and tossing a beanbag until one team is able to get 3 bean bags in a row (vertical, horizontal or diagonal).
- Game Variation: Create different obstacle courses to run through before tossing bean bag into a hoop. Examples: agility ladder drills, frog hops on poly spots, etc.

DIAGRAM



OBSTACLE COURSE (15 min.)

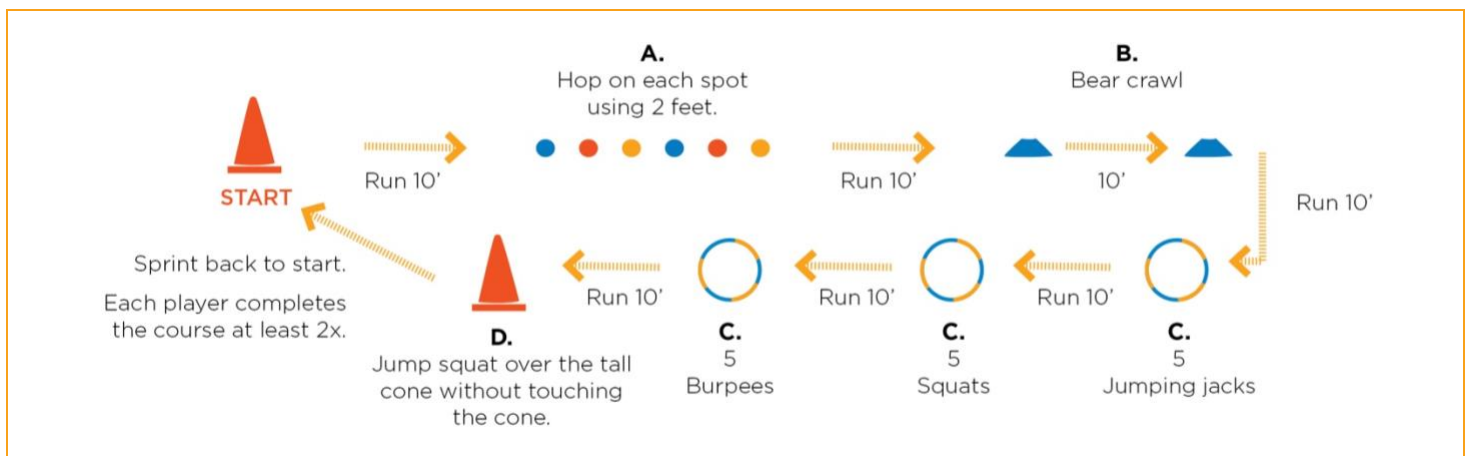
Setup and Instructions

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 starts by running to the first spot and hopping on each spot using two feet.
- After the last spot, players run to the first cone and bear crawl to the second cone.

- C. Next, the player performs 5 jumping jacks in the first hula hoop, 5 squats in the second hoop, and 5 burpees in the third hoop.
- D. To finish, the player attempts a jump squat over a tall cone without touching the cone. Players return to the start line to repeat the course. Players should complete course at least twice.
- Course Variation:: Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc.
 - Course Tips: 1) For younger players, use a short cone for the jump squat if they are not able to jump the height of the tall cone. 2) For older players, use 2 tall cones for the jump squat. 3) For a large class, set up 2 courses.

DIAGRAM



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

T.V. Show/Movie Tag

Setup and Instructions

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

Goal of the game: tag others and avoid being tagged.

- Everyone in this game is "it". Players run around to tag others while avoiding being tagged.
- If tagged a player must freeze in place until someone comes by and tells a frozen player a t.v. show or movie they like. The frozen player must say a different t.v. show or movie they like. Once they share, both players are free to run and tag others.
- When players are helping each other, they cannot be tagged.
- Game Variation: Pick different categories: superheroes, animals, songs, dance moves, food, etc.

Fitness Focus: LOWER BODY

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

Dodgeball

Setup and Instructions

Set up a field of play and create a midline with cones going across to divide the field.

Goal of the game: To throw balls at targets while dodging balls.

- Divide players into 2 teams, standing on opposite sides of the field each with half of the dodgeballs.
- When the coach says, “Go!”, players grab the balls and throw the mat the other team, while staying on their half of the field.
- Players who are hit from the shoulders down go to the side. They can be out for the rest of the game or have to do jumping jacks, pushups or planks to get back into the game.
- If a player catches a thrown ball, the thrower is out.
- Play continues until all of one team’s players are out or time has expired.
- Game Variation: Change being hit from the shoulders down to waist down.

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.

Fitness Focus: LOWER BODY

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.