

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game: K-2 nd
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Ankle Bands • Dodgeballs (1 per pair) • 1 Measuring Tape 	<ul style="list-style-type: none"> • 3 Tall Cones • 1 Sandbell • 24 Poly Spot Markers • 1 Agility Ladder • 1 Measuring Tape 	<ul style="list-style-type: none"> • 36 Short Cones • Flag Belts (1 per player) <p>PE Game: 3rd-8th</p> <ul style="list-style-type: none"> • 36 Short Cones • Waist Flags (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	Air Drumming	Seal Jack	Air Jump Rope

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Inch Worms	High Plank	Bicep Curls w/ Ankle Bands	Y's, T's & W's

- 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.
- 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.

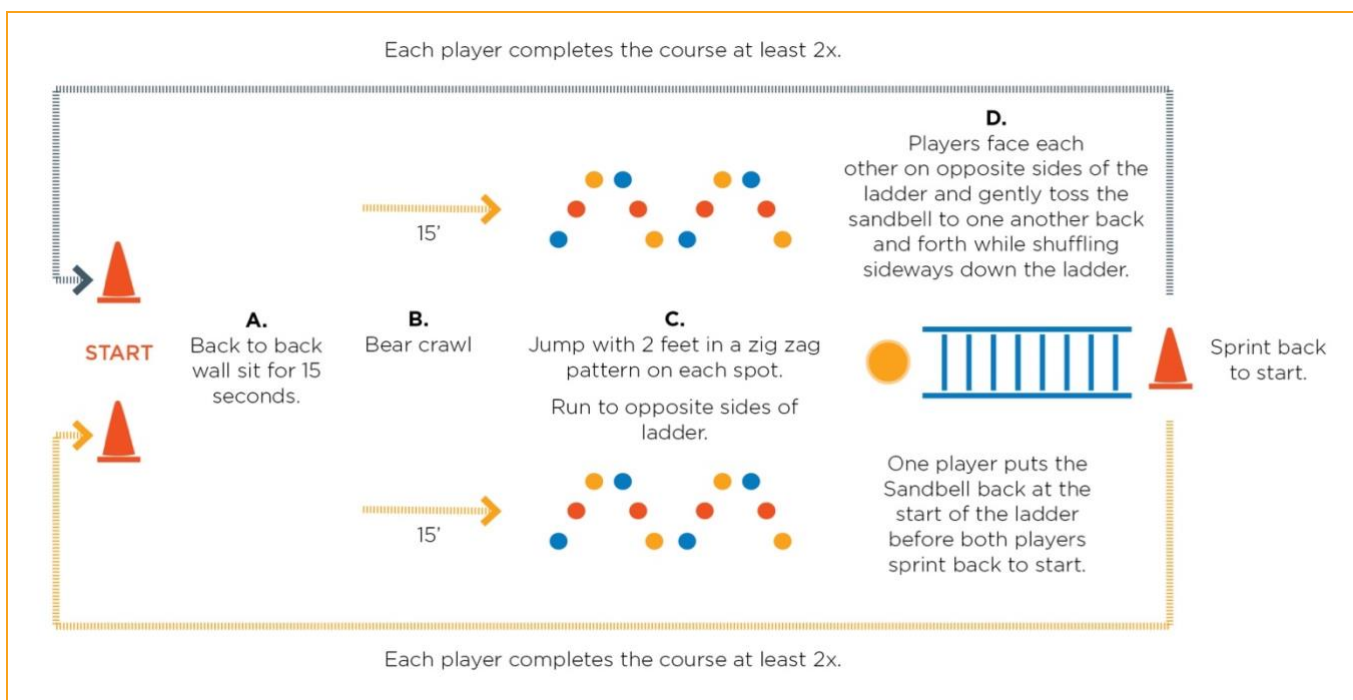
Obstacle Course (15 min.)

Setup and Instructions

Set up obstacle course in a space that accommodates the size of the group.

- Divide players into 2 equal teams and place each team in a line behind a start cone. The first player from each line will do a back-to-back wall sit and hold for 15 seconds.
- Players should then bear crawl from the start cone to the spots.
- Next, players jump with 2 feet in a zig-zag pattern, landing on each spot before running to opposite sides of the ladder.
- Once at the ladder, one player should pick up the sandbell and gently toss to their partner. Players should toss back-and-forth to each other while sideways shuffling down and back up the ladder. One player should put the sandbell back at the start of the ladder before sprinting with partner back to the start of the course. Players should go through the course at least twice.

DIAGRAM



PE GAME: K-2nd (15 min.)

What Time is it Mr. Fox?

Setup and Instructions

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

Goal of the game: avoid being tagged

- Every player puts on a flag belt, except for Mr. Fox.
- Choose 1 player to start off as Mr. Fox. Mr. Fox stands towards one end of the field of play, all other players stand together at the other end.
- Players call out “What time is it Mr. Fox?” Mr. Fox responds with a time, like 6 o'clock. Players take that many steps toward Mr. Fox (6 o'clock = 6 steps).
- When players call out “What time is it Mr. Fox?” and Mr. Fox responds with “Lunchtime”, players run back to the beginning while trying not to have their flag pulled by Mr. Fox.
- When a player's flag is pulled, they must complete a high plank for 5 seconds then they join the original Mr. Fox.
- Play until all players are caught.
- Game Variation: Start with more than 1 Mr. Fox.
- Game Tip: Younger players may need help from Coach calling out time or saying “lunchtime”.

PE GAME: 3rd-8th (15 min.)

Secret Agent Tag

Setup and Instructions

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

Goal of the game: tag or free others.

- In this tag game there are 3 jobs:
 - Bad guys - who try to tag everyone that is standing up. If tagged by a bad guy the player must sit down and are stuck down until freed by a secret agent. If a bad guy tags another bad guy nothing happens.
 - Secret agents - try to tag anyone who is sitting down to free them and also try to avoid getting tagged by a bad guy. If tagged by a bad guy, they must sit and wait until another secret agent frees them.
 - Citizens - don't have a job but run around and will get tagged by the bad guys and freed by the secret agents.

Fitness Focus: UPPER BODY

- Sit players in a circle with their eyes closed. The coach will go around and tap 3-5 players once on the head –these will be the bad guys. The coach will also go around and tap 3-5 players twice on the head –these players will be secret agents. In a class of 20, usually 5 players are bad guys and 6 are secret agents. If a player’s head was not tapped, then they are a citizen.
- Ask players to stand up and spread out and the coach will say, “Go!” to start the round.
- Rounds go on until the bad guys tag all the secret agents or 5-10minutes.
- Game Variation: To lengthen the game have more secret agents than bad guys.

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.

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.

Fitness Focus: UPPER BODY

- 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.