

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game: K-2 nd
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • 4 Sandbells • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Hula Hoops • 1 Measuring Tape 	<ul style="list-style-type: none"> • 3-5 Dodgeballs • 3-5 Pinnies • 36 Short Cones <p>PE Game: 3rd-8th</p> <ul style="list-style-type: none"> • 2 Hula Hoops • 2 Sandbells • 36 Short Cones • 24 Dots/Poly Spots • Pinnies (half the players) • 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	Side Bends	High Kicks	Running Arms

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 MIN)

Station 1	Station 2	Station 3	Station 4
Kickouts	Mountain Climbers	Seated Heel Drops	Side Bend w/ Kettle Bell

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: 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, divide players into multiple teams.

RELAY RACE (15 min.)

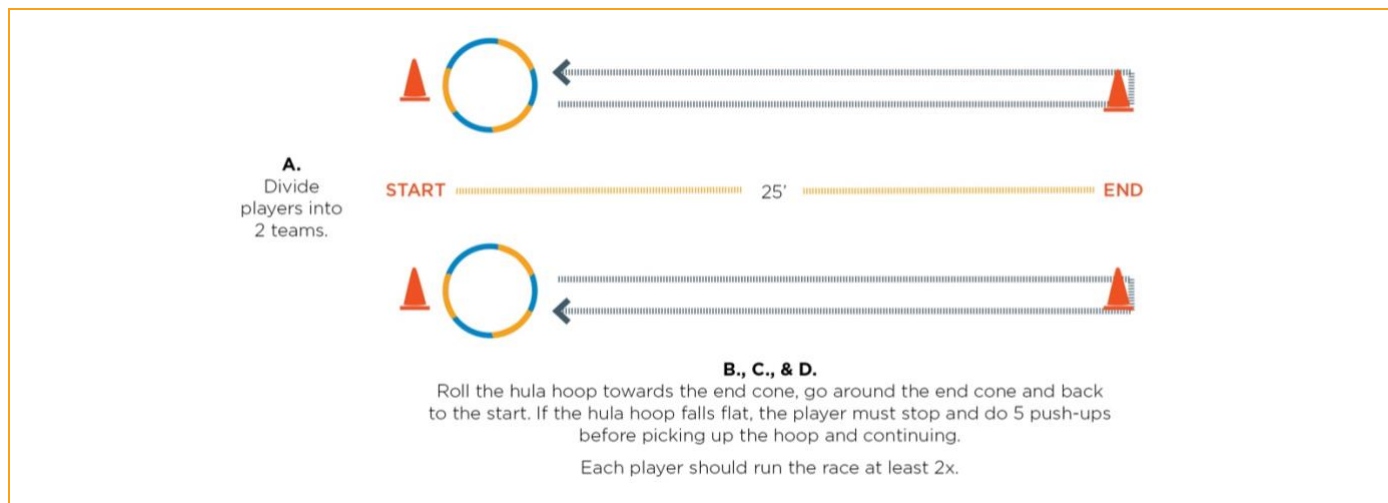
Hula Hoop Race

Setup and Instructions

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

- A. Divide players into 2 teams and have each team line up behind a start cone.
 - B. When the coach says “Go”, the first player from each team rolls the hula hoop toward the end cone, 25 feet away.
 - C. At the end cone, players go around the cone before rolling the hula hoop back to the start cone.
 - D. If the hula hoop falls flat, players must stop and do 5 push-ups before picking up the hula hoop and continuing. Each player should run the race at least twice.
- Relay Variation: For older players, add a hula hoop so they have to roll 2 hoops instead of 1.
 - Relay Tips: 1) For a large class, divide players into multiple teams. 2) For younger players, shorten the distance between start and end cone. 3) For older players, lengthen the distance between the start and end cone.

DIAGRAM



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

Fire and Ice Tag

Setup and Instructions

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

Goal of the game: avoid being tagged.

- Give 3-5 players dodgeballs, they are fire. Their job is to free anyone sitting down.
- Give 3-5 players pinnies to wear, they are ice. Their job is to freeze anyone who is standing up.
- For the remaining players, spread them throughout the field of play. Half of the players should sit and the other half should stand. Ice cannot tag fire and fire cannot tag ice.
- If tagged by ice, players must switch so that the person who was tagged becomes the ice tagger. Same goes for fire taggers. Game continues until coach calls time.
- Game Variation: Have more ice taggers than fire taggers or vice versa.

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

Capture the Flag

Setup and Instructions

Set up a field about the size of a basketball court or as big as a soccer field. Use short cones to mark boundaries. Use Dots/Poly spots to create a midline. Place a hula hoop on each side with a medicine ball in each hoop. The sandbell is the “flag”.

Goal of the game: Practice offensive and defensive skills.

- Divide players into 2 teams and give all players waist flags to wear. Only one team should wear the pinnies.
- Teams will start on opposite sides of the field.
- When the coach says, “Go!”, players will try to run onto the other side to get the other team’s flag (sandbell), while also trying to stop the other team from getting their flag (sandbell).
- When the players run to the other team’s side, their flags can be pulled.
- Players whose flags are pulled go to the sideline and perform jumping jacks, push-ups or planks to get back into the game.
- When a player runs past the other team and makes it to the hula hoop, they are safe, and their flags cannot be pulled. If they can run back safely to their side with the flag (sandbell), their team wins.
- Game Variations: Instead of players going to the sideline when their flag is pulled, they can go to a hula hoop and are stuck there until one of their teammates comes and saves them and walks them back to their team’s side.

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.

Fitness Focus: CORE

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. **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.