

## EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Games
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Kettle Bells</li> <li>• 4 Sandbells</li> <li>• 1 Parachute</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 3 Hula Hoops</li> <li>• 3 Bean Bags</li> <li>• 1 Agility Ladder</li> <li>• 1 Soccer Ball</li> <li>• 7 Tall Cones</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 36 Short Cones</li> <li>• Pinnies (1 per player)</li> </ul>

## 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	<a href="#">Quad Stretch</a>	<a href="#">Toe Walks</a>	<a href="#">Heel Walks</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Squat Hold w/ Kettle Bell</a>	<a href="#">Single Leg Balance w/ Sandbell</a>	<a href="#">Side Lunges</a>	<a href="#">Calf Raises</a>

- 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: Parachute (10 min.)

#### Setup and Instructions

- Have all players hold a handle on the parachute.
- Players should work together to get the parachute as high as possible into the air without letting go. When the parachute is at its highest, chose from the following:

- 1-2 players run around the group and return to their spot(s) before the parachute hits the ground. You can call out the players name(s) or assign each player a number and call out the numbers.
- 2 players whose names or numbers are called change places by running under the parachute before it hits the ground.
- 1 player whose name or number is called runs and tags another player under the parachute, then runs back to his/her spot before the parachute falls. The tagged player waits for the parachute to go up then runs to tag another player.

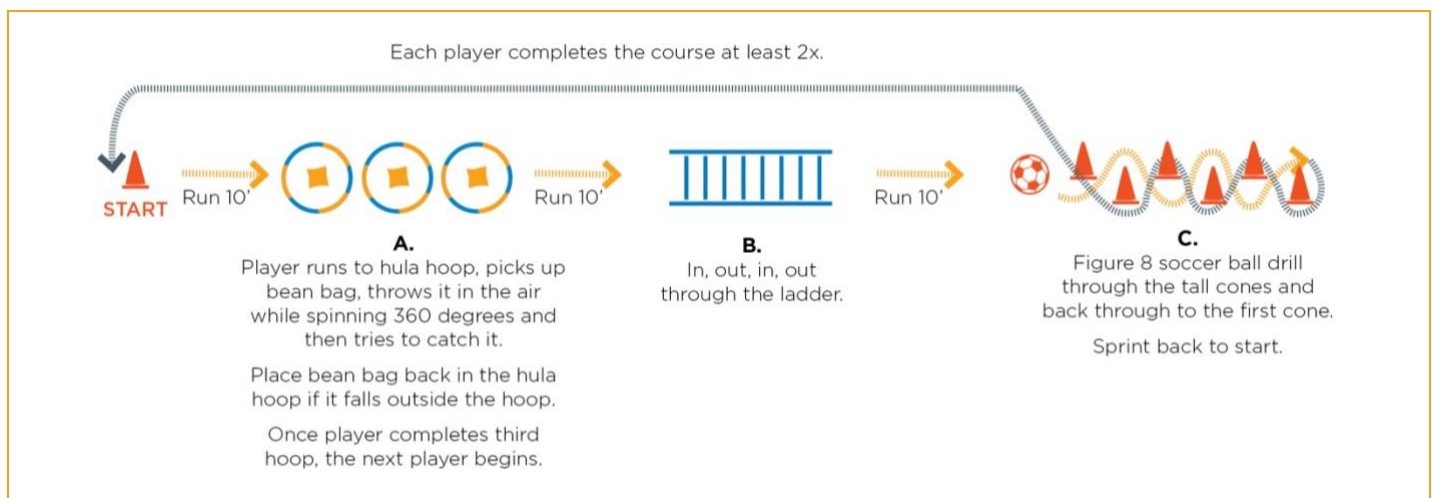
## OBSTACLE COURSE (15 min.)

### 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 runs to the first hula hoop, picks up the bean bag, and throws it up in the air. Immediately after throwing the bean bag high in the air, the player tries to spin 360 degrees then catch the bean bag before it hits the ground. If the bean bag falls outside the hula hoop, the player should put it back in the hoop before moving to the next. Once the first player completes the last hula hoop the second player can start.
  - After the last hula hoop, the player runs to the agility ladder where they perform an in, out, in, out ladder drill.
  - Last, the player performs a figure eight soccer ball drill through the tall cones and back to the first tall cone before sprinting back to the start line. Each player should complete the course at least twice.
- Course Variations: 1) Players can perform fitness movements such as jumping jacks or burpees in the hula hoops instead of turning in a circle 2) Change ladder drill to hopping with one or both feet.
  - Course Tip: For a large class, set up 2 courses.

### DIAGRAM



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## PE GAME (15 min.)

### 4 Goal Soccer

#### Setup and Instructions

Set up a soccer field, if necessary, by using short cones. Use poly spots to create a midline and use tall cones to create two goals on each half of the field.

Goal of the game: get soccer ball into opposing team's goal.

- Divide players into 2 teams and give 1 team pinnies to wear.
- This game has soccer rules, but each side has 2 goals.
- Game Variation: Use multiple soccer balls.

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## 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.

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## 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. 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.

## Fitness Focus: LOWER BODY

**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 width 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).

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**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.