

## EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Sandbells</li> <li>• 36 Short Cones</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 16 Poly Spot Markers</li> <li>• 4 Tall Cones</li> <li>• 1 Agility Ladder</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• Hula Hoops (1 per team)</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="#">Jumping Jacks</a>	<a href="#">Arm Circles</a>	<a href="#">Air Punches</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Hand Walks</a>	<a href="#">Push Ups</a> or <a href="#">Incline Push Ups</a> (requires a step or bench)	<a href="#">Shoulder Taps</a> or <a href="#">Plank High 5's</a> (requires a partner)	<a href="#">Rows w/ Sandbell</a>

### 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: Frogger (10 min.)

#### Setup & Instructions

- Set up a field of play using short cones.
- Divide the players into 3 groups: 1 of “frogs” and 2 groups of throwers.

- Have the 2 thrower groups stand on opposite sides of the field of play and give each thrower group 8 dodgeballs. The frogs should stand to the side of the field, ready to frog jump across.
- When the says “Go”, the frogs begin frog jumping from one side of the field to the other, trying not to get hit with a dodgeball along the way.
- If a frog is hit, they must run to the sideline and complete 5 push-ups.
- Once all the frogs are out, switch groups so that each group gets to be the frogs.

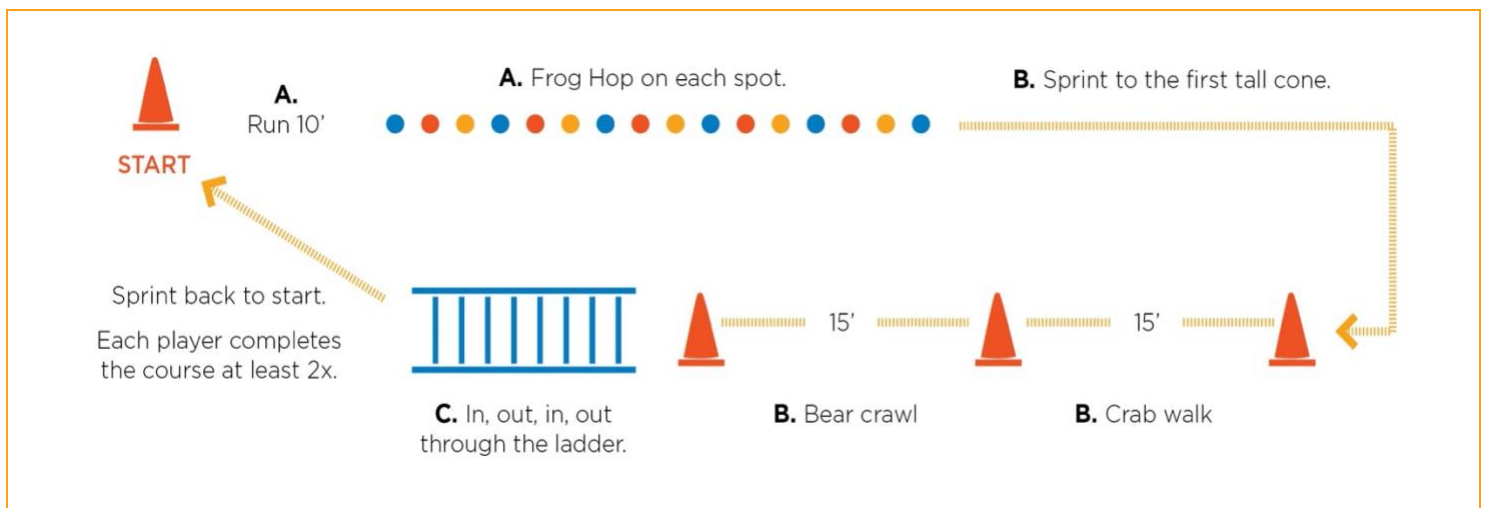
## OBSTACLE COURSE (15 min.)

### 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 poly spot then begins frog hops onto each spot. Once the player completes frog hogs, the next player may start the course.
  - After the spots, the player runs to the first tall cone, crab walks to the second tall cone, and bear crawls to the third tall cone.
  - At the ladder, player performs in, out, in, out then runs back to the start line. Players should complete the course at least twice.
- Course Variation: Change crab walk & bear crawl to a different exercise in future rounds. Exercise list available in curriculum book.
  - Course Tip: For a large class, set up 2 courses, with 12 poly spots for each course.

### DIAGRAM



## PE GAME (15 min.)

### Hula Hoop Passing

#### Setup & Instructions

Divide players into teams with at least 4 players.

## Fitness Focus: UPPER BODY

Goal of the game: get the hula hoop around the circle.

- Each team stands in a circle or line holding hands.
- Have a player start with the hula hoop. Teams try to pass the hula hoop around the circle or down the line without breaking handholds.
- The teams that do not get their hoop around the circle or down the line first must complete 5 jumping jacks. Play for time.
- Game Variations: 1) Class could work in one large group. 2) Add two or more hula hoops to a large circle. 3) For lines, hula hoop must go down line and back. 4) For circles, hula hoop must go around two or more times. 5) Teams try to get fastest time.
- Game Tip: Change up teams to encourage teambuilding.

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## 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.

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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. 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.

## Fitness Focus: UPPER BODY

2. [Spinal Twist](#)

- Lie on your belly, head facing left.
- 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.

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## 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.