

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • 2 Agility Ladders • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Tall Cones • 20-30 Bean Bags • 2 Agility Ladders • 1 Measuring Tape 	<ul style="list-style-type: none"> • 36 Short Cones • 24 Poly Spots • 4 Tall Cones • 2 Soccer Balls • Pinnies (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	Toe Touches	Spider Lunges	Heel Scoops

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Bicycles w/ Sandbell or Standup Bicycles w/ Sandbell	Crab Toe Touch	Seated Flutter Kicks	Tic Tocks

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: Sandbell Pass (10 min.)

Setup and Instructions

- Set up 2 start cones and 2 end cones, 20 feet apart. Place an agility ladder halfway between each start and end cone.
- Divide players into 2 teams and have each team line up behind a start cone.
- When the coach says “Go”, the first two players in each line chest pass the sandbell back and forth while side shuffling all the way down the ladder and back. If one of the players drops the sandbell, both players must complete 5 push-ups before continuing.
- Once the 2 players have gone down and back, one player passes the sandbell to the next 2 players in line.
- Play until all players have gone twice.
- Game Tip: For a large class, divide players into multiple teams.

RELAY RACE (15 min.)

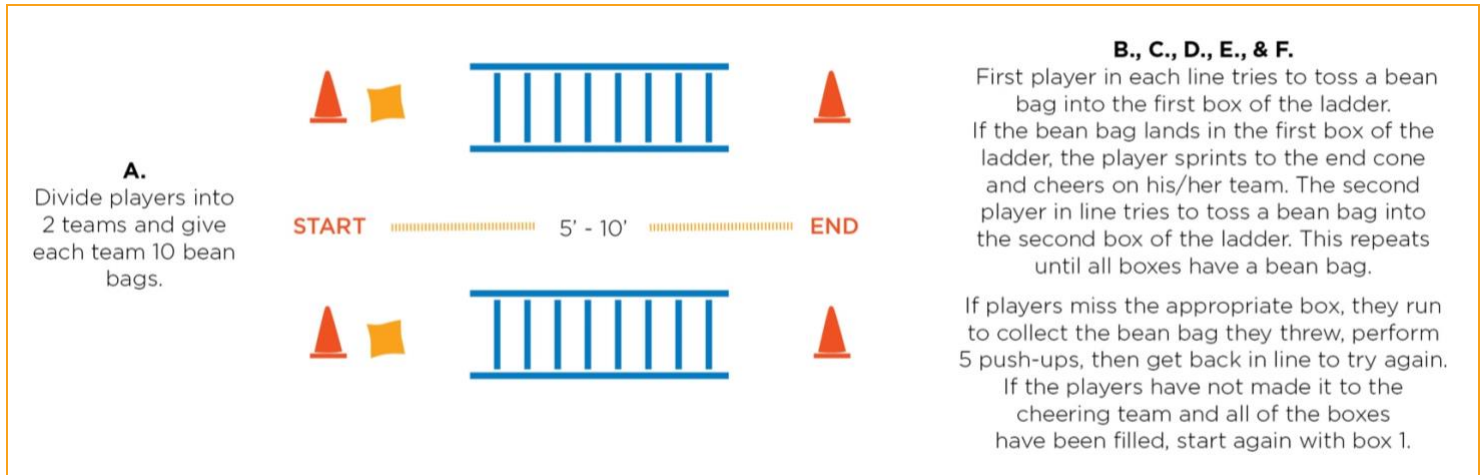
Bean Bag Toss

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. Each team should have at least 10 bean bags in front of each start cone.
 - B. When the coach says “Go”, the first player in each line picks up a bean bag and tries to toss it into the first box of the ladder.
 - C. If that player’s bean bag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team.
 - D. The second player in line then picks up another bean bag and tries to toss it into the second box of the ladder. This repeats until all boxes of the ladder have a bean bag.
 - E. If players have not made it to the cheering team and all boxes have been filled, start again with box 1. In this case, there may be more than one bean bag in each box.
 - F. If players miss the appropriate box, they run to collect the bean bag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line to try again.
- Relay Tips: 1) For younger players, shorten the distance between the start and end cone. 2) For older players, lengthen the distance between the start and end cone.

DIAGRAM



PE GAME (15 min.)

2 + Ball Soccer

Setup and Instructions

Set up a soccer field using small cones. Use Dots/Poly spots to create a midline and use tall cones to create a goal on each half.

Goal of the game: To practice kicking skills.

- Divide players into 2 teams and give one team pinnies to wear.
- This game has soccer rules but uses 2 balls. It's a continuous game. If a team scores with one ball, then that ball is given to the other team.
- Game Variations: 1) Add up to 6 more balls. 2) The coach can choose if teams get to play with goalies.

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.