

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game: K-2 nd
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • Dodgeballs (1 per pair) • 1 Measuring Tape 	<ul style="list-style-type: none"> • 1 Tall Cone • 4 Hurdles • 10 Poly Spot Markers • 6 Hula Hoops • 1 Sandbell Ladder • 2 Short Cones • 1 Measuring Tape 	<ul style="list-style-type: none"> • Bean Bags (1 per player) • 36 Short Cones <p>PE Game: 3rd-8th</p> <ul style="list-style-type: none"> • 4 Tall Cones • 24 Dots/Poly Spots • 36 Short Cones • Pinnies (half the players)

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	High Kicks	Knee Hugs	Butt Kickers

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Back Lunges w/ Sandbell	Squat Jumps	Single Leg Toe Touch	Duck Walk

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: 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.

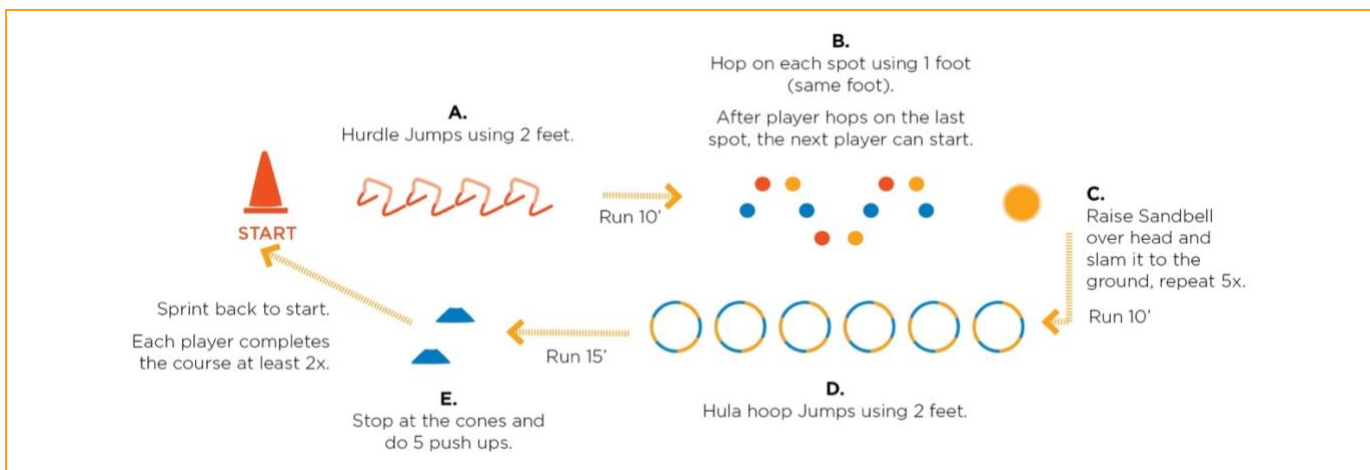
OBSTACLE COURSE (15 min.)

Setup and Instructions

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

- Place all players in a line behind the start cone. The first player starts by jumping over each hurdle with two feet.
 - After the last hurdle, the player runs to the spots and jumps on each spot with one foot — player should stay on the same foot when hopping. After the first player hops on the last spot, the second player can start.
 - Next, the player picks up the sandbell, raises it up over their head, and slams it to the ground, repeat 5 times.
 - Once the player completes 5 sandbell slams, he/she runs to the hula hoop and jumps from one to the next with two feet.
 - Last, the player runs to the short cones and completes 5 push-ups before sprinting back to the start line. Each player should complete the course at least twice.
- Course Variation: Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc.

DIAGRAM



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

Bean Bag Balance Tag

Setup and Instructions

Set up a field of play. Use cones, if necessary, to mark boundaries, about the size of a basketball court or smaller. This game could be played inside a classroom.

Goal of the game: keep the bean bag balanced on their head while tagging people and helping others.

- Everyone in this game is “it” and starts with a bean bag balanced on their head (no holding bag on head with hands).
- Players try to tag each other while balancing the bean bag on their head.
- If the bean bag falls off a player’s head or they are tagged, the player must complete 5 jumping jacks then they are frozen. When frozen, players drop the bean bag next to them on the ground and wait to be saved.
- To be saved, another player has to come by and pick up the frozen player’s bean bag while still balancing their bean bag. If the player who is doing the saving drops their bean bag, they must complete 5 jumping jacks and are frozen as well.
- Game Variations: 1) bean bags can be balanced on shoulder or back of the hand 2) Change jumping jacks to squats, push-ups, burpees, etc.

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

Handball

Setup and Instructions

Set up a soccer sized 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 work on throwing and catching skills.

- Divide players into 2 teams and give one team pinnies to wear.
- This game has soccer rules, but players have to use their hands.
- To score ball must be thrown into a goal.
- If a player has the ball, they can only take 3 steps before throwing it.
- Game Variation: More balls can be added, and the coach can choose if teams get to play with goalies.

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.

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.

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 with 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).

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.