

## EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Hula Hoops</li> <li>• 2 Agility Ladders</li> <li>• 2 Sandbells</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Parachutes</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Hula Hoops</li> <li>• 36 Short Cones</li> <li>• Flag Belts of color A (1 per player)</li> <li>• Flag Belts of color B (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="#">Ice Skaters</a>	<a href="#">Single Leg Balance</a>	<a href="#">Inch Worms</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Hoop Jump</a>	<a href="#">In, Out, In, Out w/ Agility Ladder</a>	<a href="#">Speed Hand Walks</a>	<a href="#">Leg Hops</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: 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, Coach can divide players into multiple teams.

## RELAY RACE (15 min.)

### Parachute Run

#### Setup and Instructions

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

- Divide players into 2 teams and give each team a parachute. Assign a number to each player on each team.
- When the Coach calls out a number, the player with the number from each team runs around the team and back to their spot before the other player.
- Repeat, calling different numbers.

#### DIAGRAM

**A.**  
Divide players into 2 teams.  
Assign a number to each player on each team.



**B.**  
When the coach calls out a number, the player with the number from each team runs around the team and back to their spot before the other player. Repeat, calling different numbers.

## PE GAME (15 min.)

### Team Flag Tag

#### Setup and Instructions

Set up a soccer sized field using short cones. Place a hula hoop on each team's side toward the baseline.

Goal of the game: grab the other team's flag belt without getting your own pulled.

## Fitness Focus: AGILITY

- Divide players into two teams and give each team a different colored flag belt. Place each team at one end of the field.
- When the Coach says “Go!”, players try to grab the other team’s player’s flag. If a flag is pulled, the player who pulled the flag takes it to their team’s side and puts it in their hula hoop.
- If a player gets their flag pulled, they stand behind their team’s hula hoop. If there is a flag to put on, they put it on and are back in the game.
- Game continues until all of one team’s flags are pulled.
- Game Variation: A time limit on the game could make it more interesting. Determine winning team by counting number of flags in each teams’ hoop.

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## MINDFULNESS (1 min.)

### Heartbeat Exercise

#### Setup and Instructions

Group students at arm’s length. Students should be calm and quiet before beginning.

Paying attention to one’s heartbeat has a role in many mindfulness exercises and activities. Kids can learn how to apply this mindfulness practice to their own lives, as well.

Tell your kids to jump up and down or run in place or do jumping jacks for 15 seconds. When they have finished, have them sit down and put a hand over their heart. Instruct them to close their eyes and pay attention only to their heartbeat and breath. This easy exercise shows children how to notice their heartbeat and helps them practice their focus. These skills will come in handy as they start engaging in more advanced mindfulness activities.

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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. Downward Facing Dog

- Begin on your hands and knees.
- Curl your toes under, straighten your knees, and lift your hips.
- Keep your head between your arms.
- The feet are a foot apart, the legs are straight, and the hips are raised as high as possible.
- Hold for 4 breaths. Relax the pose by lowering your knees to the floor.

## Fitness Focus: AGILITY

**2. Pigeon Pose**

- Begin in Downward Facing Dog.
- Step one foot forward, into a low lunge, setting your foot closer to your opposite hand.
- Allow your back knee to lower to your mat, as you tip your front knee to open your front hip.
- Keep your hands on the floor and sit up tall – be sure to keep your hips facing forward.
- Hold this pose for a couple of breaths.
- Step your front leg back, and press into Downward Facing Dog.
- Hold for 4 breaths. Repeat on your opposite side.

**3. Lizard Pose**

- Begin in Downward-Facing Dog.
- On an exhale, step your right foot forward to the outside (pinky finger) edge of your right hand. Both arms should be to the left of the right leg.
- Lower your left knee down onto the ground and release the top of your left foot.
- Hold for 4 breaths, move back to Downward Facing Dog, and then repeat Lizard Pose with the other leg.

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**COOLDOWN STRETCHES (5 min.)****Setup and Instructions**

Group students at arm's length. Complete each stretch twice.

**1. Crossed Toe Touch**

- Standing straight, raise your hands above your head.
- Cross your right ankle over your left and gently bend forward bringing your hands down to your feet.
- Hold for 30 seconds. Relax the stretch then switch sides.

**2. Toe Touch Twist**

- 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.