

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Ankle Bands • 1 Battle Rope • 1 Measuring Tape 	<ul style="list-style-type: none"> • 2 Sandbells • 20 Poly Spot Markers • 36 Bean Bags • 3 Hula Hoops • 4 Tall Cones • 2 Agility Ladders • 1 Measuring Tape 	<ul style="list-style-type: none"> • 1 Soccer Ball • 4 Large Cones • 36 Short Cones

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	Air Drumming	Seal Jack	Air Jump Rope

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Inch Worms	High Plank	Bicep Curls w/ Ankle Bands	Y's, T's & W's

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: Tug O' War (10 min.)

Setup and Instructions

- Divide players into 2 teams and line up on opposite ends of the balance rope.

- When the coach says “Go”, teams try to pull the opposite team toward them until all the players from the other team are on their side of the center.
- Game Tip: For a large class, divide players into 4 teams and use 2 ropes. Allow all teams to play against the other teams.

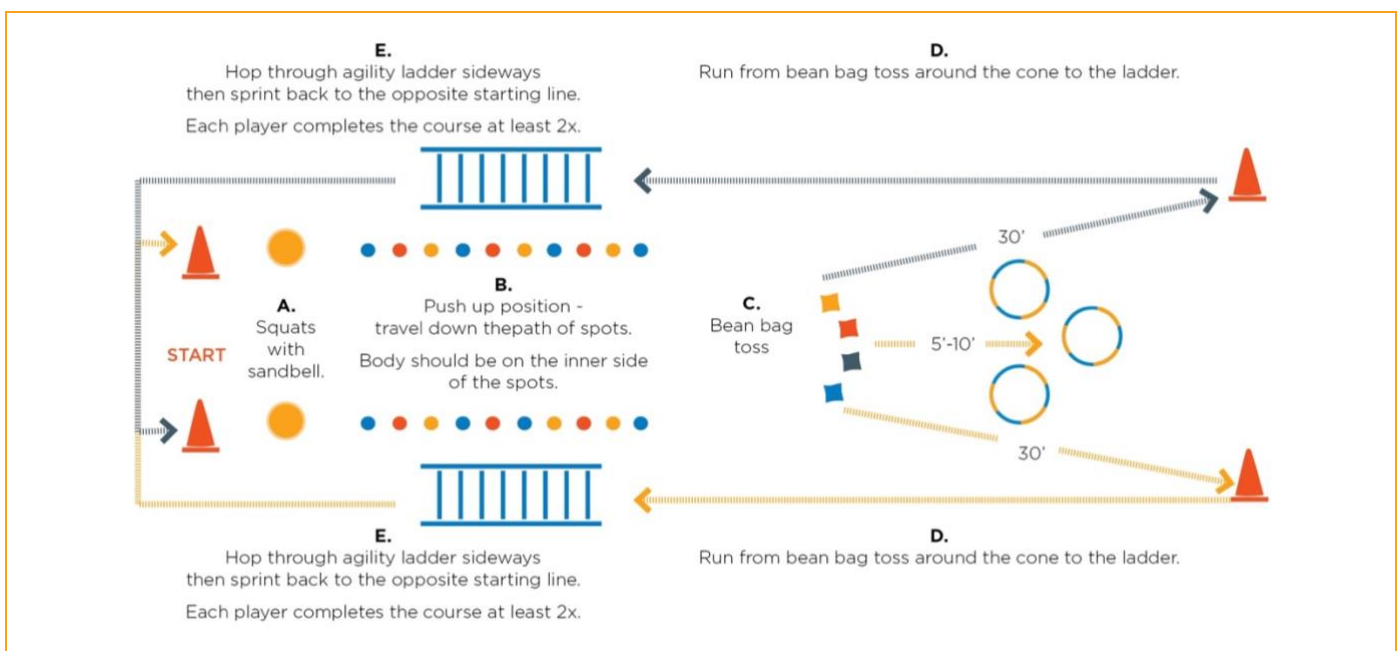
Obstacle Course (15 min.)

Setup and Instructions

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

- Divide players into 2 equal teams and place each team in a line behind a start cone. The first player from each line picks up a sandbell and performs 10 squats.
 - Then, in a push-up position, place hands on the first spot and travel down the spots, transferring hands from one spot to the next. Players bodies should be on the inner side of the spots.
 - After the spots, players try to toss one bean bag into a hula-hoop that is 5-10 feet away.
 - Once they get a bean bag into the hula-hoop, player runs down and around the cone that is 30 feet away.
 - Last, players hop through the agility ladder sideways then sprint back to the start in the opposite line they started. Players should go through course at least twice.
- Course Variation: Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc.
 - Course Tip: For younger players, shorten distance between bean bags and hula hoops.

DIAGRAM



PE GAME (15 min.)

Crab Soccer

Setup and Instructions

Using short cones, set up a mini soccer field. The soccer field can be about 20ft x 20ft depending on the amount of people playing. Use 2 tall cones for the goals on each side of the field.

Goal of the game: work as a team to score goals.

- Divide players into 2 teams. Teams of 5 are the perfect size.
- Players will be in the crab walk position the entire game. The crab position is both hands and feet touching the ground at the same time, stomach facing toward the sky.
- Players can only kick or hit the ball with their feet or head, no hands allowed. Each team is trying to kick the ball into the opposing team's goal.
- Game Variation: Add more players or balls to the game

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.

YOGA STRETCHES (5 min.)

Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits, do both.

Fitness Focus: UPPER BODY

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.

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.

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.