

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Short Cones • 12 Tall Cones • 2 Sandbells • 1 Measuring Tape 	<ul style="list-style-type: none"> • 1 Playground Ball • 2 Tall Cones • 18 Dodgeballs • 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	Side Bends	High Kicks	Running Arms

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Kickouts	Mountain Climbers	Seated Heel Drops	Side Bend w/ Kettle Bell

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 the 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 lines.

RELAY Race (15 min.)

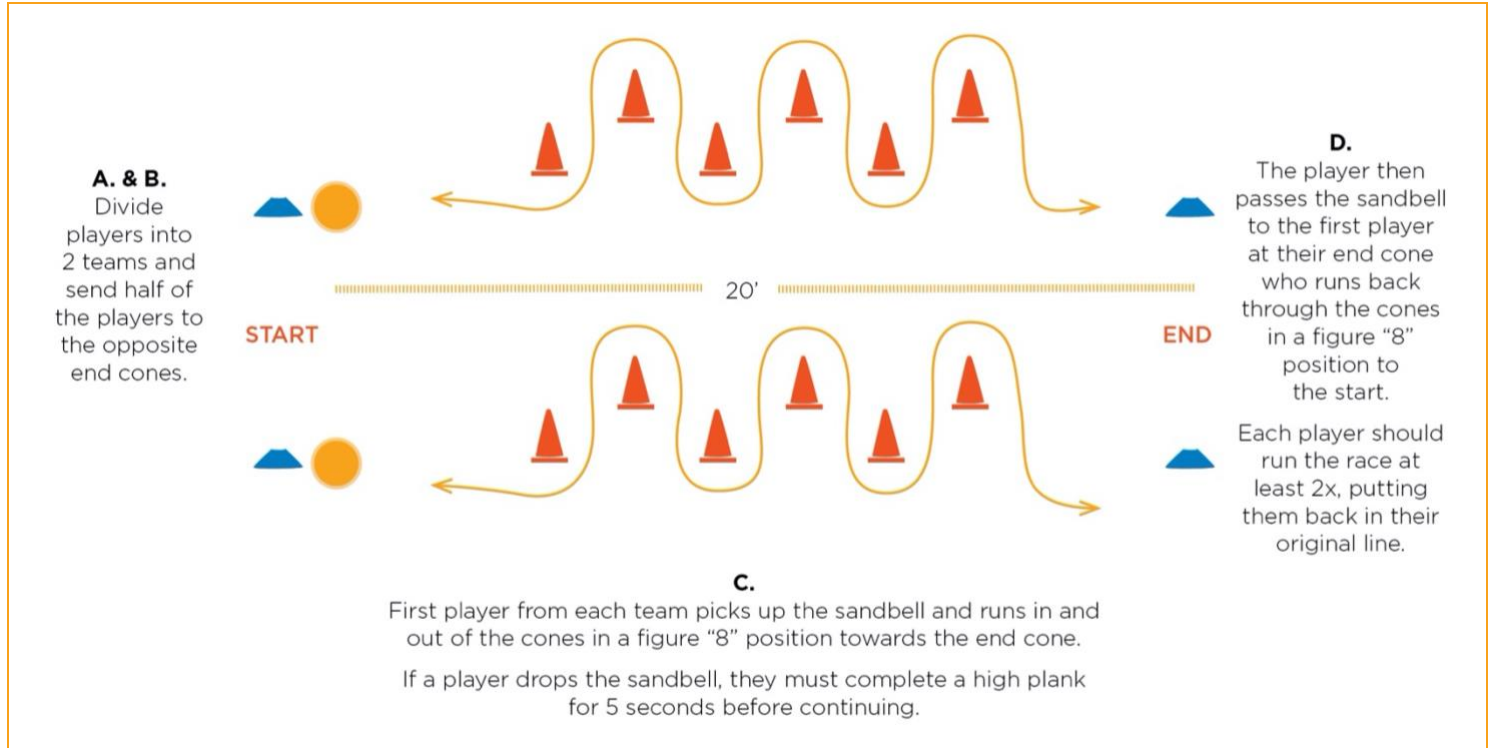
Figure 8's

Setup and Instructions

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

- A. Divide players into 2 equal teams and have each team line up behind a start cone.
 - B. Divide each team in half and send half the players to the opposite end cone.
 - C. The first player from each team at the start cone, picks up a sandbell. When the coach says "Go", they run in and out of the cones in a figure "8" position towards the end cone. If a player drops the sandbell, they must complete a high plank for 5 seconds before continuing.
 - D. The player then passes the sandbell to the first player at the end cone who then runs in and out of the cones in a figure "8" position towards the start cone. Each player should run the race at least twice, putting them back in their original line.
- Relay Variations: 1) Mix up the teams each round. 2) Lengthen the distance between the start and end cone. 3) Instead of running through the cones, players can skip or hop. 4) For older players, increase the weight by adding a 6lb. sandbell or replacing the 6lb. with a 10lb. sandbell.

DIAGRAM



PE GAME (15 min.)

Powerball

Setup and Instructions

Use short cones to create a big circle with two tall cones marking halfway in the circle.

Goal of the game: knock the dodgeball out of the other team's side of the circle.

- Divide players into 2 teams. Have one team stand outside one half of the circle and the other team stands outside the other half of the circle.
- Give each team an equal number of dodgeballs and place one playground ball in the middle of the circle.
- When the Coach says "Go", teams throw or roll the dodgeballs at the playground ball and try to push it over the other team's half of the circle.
- When the playground ball crosses team A's edge of the circle, Team B must do 5 push-ups before starting another round.
- Game Variation: To make it more difficult, place multiple playground balls in the middle of the circle.

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.

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.

Fitness Focus: CORE

GRADE

K – 8th

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.