

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Kettle Bells • 4 Sandbells • 9 Hula Hoops • 9 Bean Bags of color A (1 per player) • 9 Bean Bags of color B (1 per player) • 4 Hurdles • 1 Measuring Tape 	<ul style="list-style-type: none"> • 1 Tall Cone • 1 Agility Ladder • 14 Poly Spots • 4 Hurdles • 1 Playground Ball • 1 Measuring Tape 	<ul style="list-style-type: none"> • 1 Dodgeball

WARM UPS (5 min.)

Setup & 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	Quad Stretch	Toe Walks	Heel Walks

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Squat Hold w/ Kettle Bell	Single Leg Balance w/ Sandbell	Side Lunges	Calf Raises

Setup & 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.

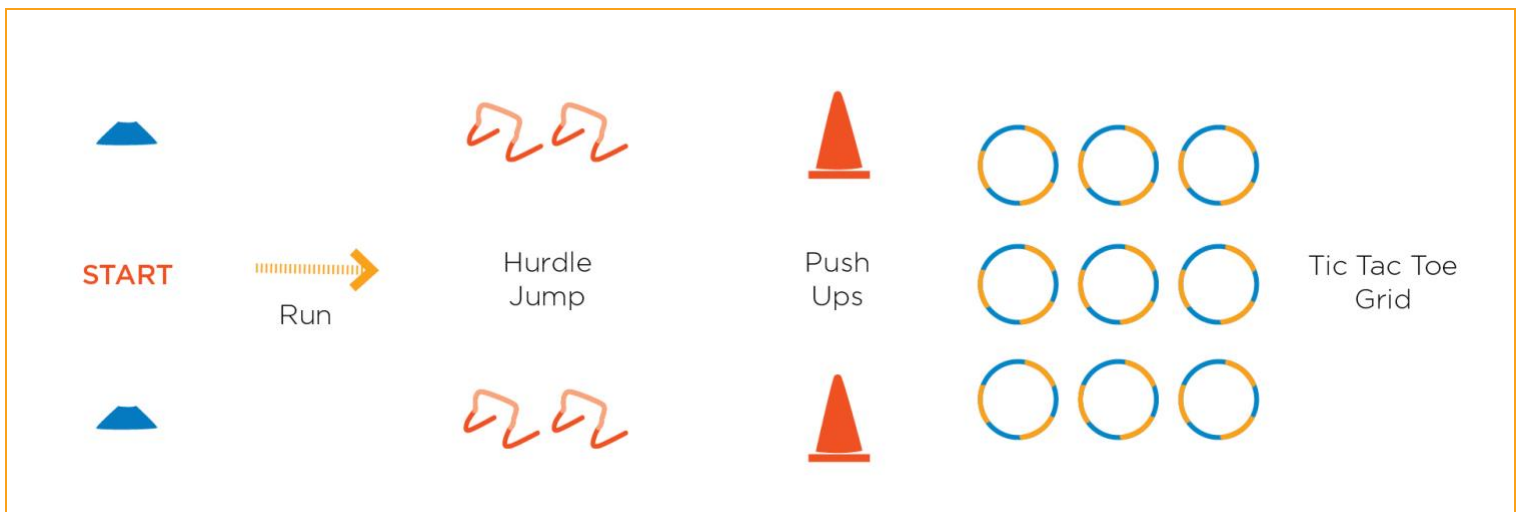
GAME: Tic Tac Toe (10 min.)

Setup and Instructions

- See Diagram for setup.

- The first player from each team jumps over both hurdles, completes 5 push-ups at the tall cone, then tosses their beanbag into one of the hula hoops. If their bean bag makes it into the hoop player runs back to start cone. If player misses, they should pick up bean bag and run back to start cone.
- Each player after takes a turn running the course and tossing a beanbag until one team is able to get 3 bean bags in a row (vertical, horizontal or diagonal).
- Game Variation: Create different obstacle courses to run through before tossing bean bag into a hoop. Examples: agility ladder drills, frog hops on poly spots, etc.

DIAGRAM



OBSTACLE COURSE (15 min.)

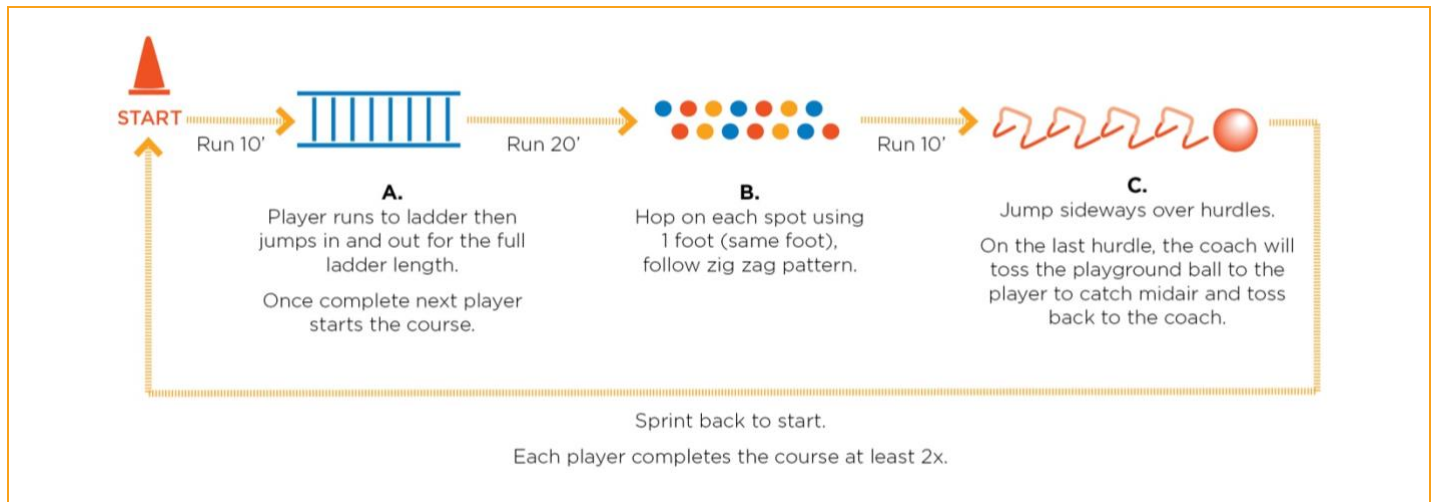
Setup and Instructions

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 in the line starts by running up to the ladder and jumping in and out the for the full length. Once the first player completes the ladder drill, the second player can start.
- Next, the player runs to the spots and hops from spot to spot using 1 foot following the zig-zag pattern — player should stay on the same foot when hopping.
- After the spots, the player runs to the hurdles and proceeds to jump sideways over the hurdles. After the last hurdle, the coach will toss a playground ball to the player. The player must jump up and try to catch the ball while in midair and toss it back to the coach before sprinting back to the start cone. Players should go through the course at least twice.

- Course Variations: 1) Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc. 2) Players can alternate feet when hopping on spots. 3) Instead of the coach throwing the ball, have the first student catch the ball then trade places with the coach to throw the ball to the next player before sprinting back to the start cone, repeat with all players.
- Course Tips: 1) For younger players, Coach can move closer to the player before gently tossing ball. 2) For older players, Coach can stand further away from player before tossing playground ball or use a dodgeball or bean bag instead of a playground ball.

DIAGRAM



PE GAME (15 min.)

Silent Ball

Setup and Instructions

Scatter players so that they are within throwing distance (3-5 feet) of each other.

Goal of the game: throw and catch the ball silently and without dropping the ball.

- One player starts with the ball and when the Coach says "Go", the player throws the ball to another player.
- If a player drops the ball, makes a bad pass, or makes noise they must do 5 push-ups then sit on the floor.
- Play continues until only 1 player remains.
- Game Variations: 1) play with multiple balls 2) limit players throw time; player only gets 3 seconds 3) for older players, use bean bags.

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.