

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 36 Short Cones • Poly Spot (1 per player) • Bean Bags (1 per player) • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Ankle Bands • 2 Agility Ladders • 1 Measuring Tape 	<ul style="list-style-type: none"> • 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	Skip Forward/Backward	High Knees	Toe Walks

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Speed Mountain Climbers	Bound	Skiers	Twists

- 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: Spots & Bean Bags (10 min.)

Setup and Instructions

- Create a field of play using short cones. On one end of the field, divide players into 2 teams and give one team the spots and the other team the bean bags.
- When the coach says “Go”, the team with the spots runs to the other side of the field and places the spots in random locations then returns to the start area. The other team closes their eyes while the spots are being placed.

- Once the first team finishes placing the spots, the team with the bean bags runs out and places one bean bag on every spot and then returns to the start area.
- After 1-2 rounds have teams switch so that the team that placed the spots gets a chance to place the bean bags.
- Game Variation: Players can perform other movements when placing dots and beanbags, such as hopping, skipping, running backward, etc.

RELAY RACE (15 min.)

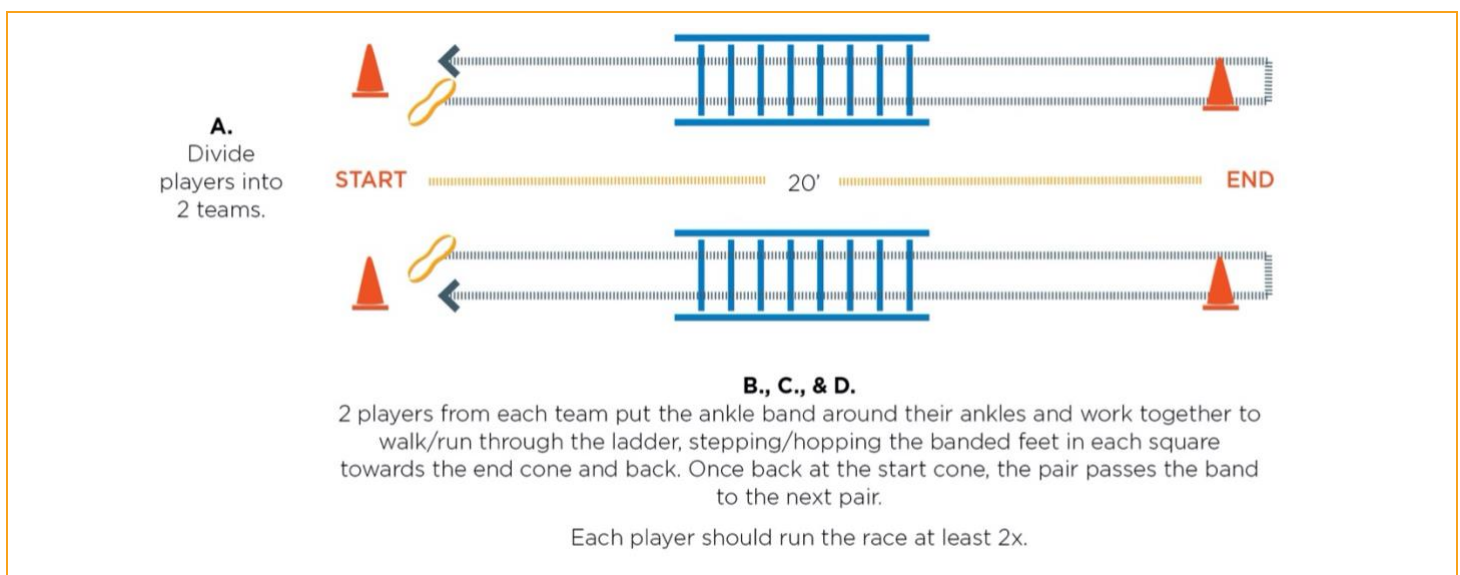
Three-Legged Race

Setup and Instructions

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

- Divide players into 2 teams and have each team line up behind a start cone.
- When the coach says “Go”, the first 2 players from each team put the ankle band around their ankles. One player will have the band around his/her left ankle and the other will have the band around his/her right ankle.
- Once the ankle band is on, the players work together to walk/run through the ladder, stepping/hopping the banded feet in each square, towards the end cone, 20 feet away.
- At the end cone, players go around the cone before repeating the movement back to the start cone where one player passes the ankle band to the next 2 players in line. Each player should run the race at least twice.

DIAGRAM



PE GAME (15 min.)

Rock, Paper, Scissors

Setup and Instructions

Set up a field of play. Use cones, if necessary, to mark boundaries.

Goal of the game: avoid being tagged

- Divide players into pairs to play Rock, Paper, Scissors!
- Whichever player wins is now the leader and the player who lost becomes their cheering team.
- The leader of the team then finds someone new to play with, if they win the player who lost and anyone who is following them gets behind the new winner.
- Eventually there will be two teams and it will come down to the two team leaders. The winner is the champion. Start another round if time permits.

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.

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.

Fitness Focus: AGILITY

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.

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.

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.