

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Sandbells • Dodgeballs (1 per pair) • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Hurdles • 1 Sandbell • 1 Agility Ladder • 3 Tall Cones • 1 Measuring Tape 	<ul style="list-style-type: none"> • 6 Hula Hoops • 6 Poly Spot Markers • Short Cones • 1 Measuring Tape

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	Jumping Jacks	Arm Circles	Air Punches

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Hand Walks	Push Ups or Incline Push Ups (requires a step or bench)	Shoulder Taps or Plank High 5's (requires a partner)	Rows w/ Sandbell

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.

Fitness Focus: UPPER BODY

GAME: Head, Shoulders, Knees, Toes, Ball! (10 min.)**Setup and Instructions**

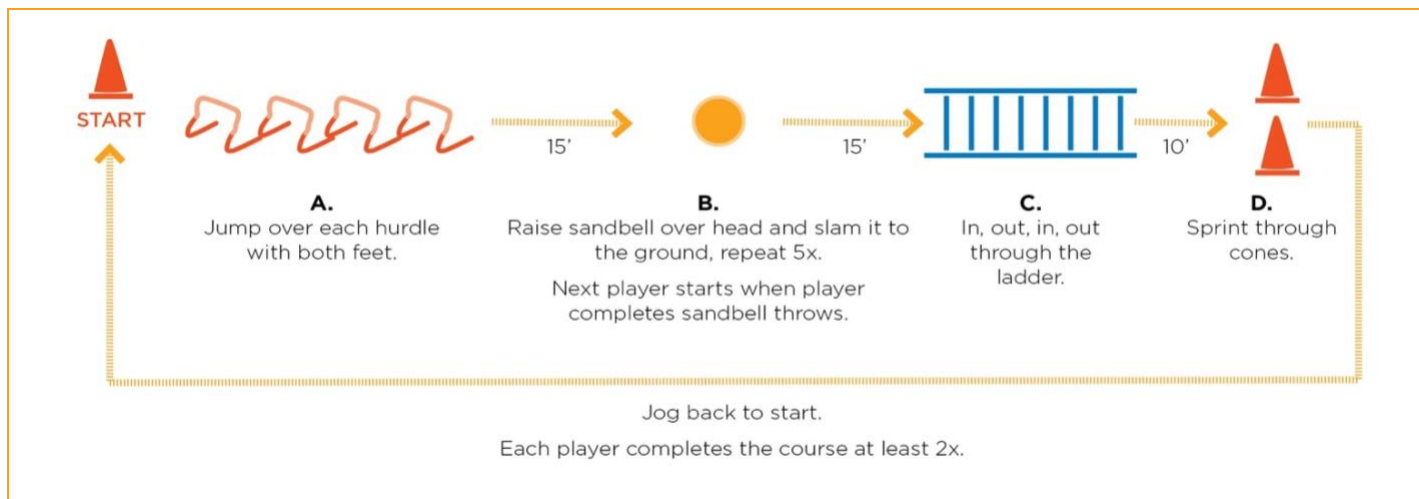
- Divide players into pairs and place a ball in the middle of each pair.
- When Coach calls, “Head” “Shoulders” “Knees” or “Toes”, in any order, players should touch whichever part of their body the Coach calls out.
- When the Coach says, “Ball”, players race to grab the ball.
- The first player to grab the ball calls out an exercise for the other player to do 5x. Repeat game for time.
- Game Variation: After a couple of rounds have players switch partners.
- Game Tip: Coach may need to pick the exercises for younger players or if students are not familiar with exercises.

OBSTACLE COURSE (15 min.)**Setup and Instructions**

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

- A. Place all players in a line behind the start cone. The first player jumps over each hurdle landing both feet on the ground before jumping again.
 - B. Next, the player picks up the sandbell, raises it over head, and slams it to the ground, repeat 5 times. Once the player completes sandbell throws, the next player may start the course.
 - C. The player then performs in, out, in, out through the ladder.
 - D. After the ladder, the player should sprint through the end cones and then jog back to the start line. Each player should complete the course twice.
- Course Tip: For a large class, Coach can set up 2 courses, with 2 hurdles for each course.

DIAGRAM



PE GAME (15 min.)

Toxic River

Setup and Instructions

Create two lines of cones about 20 to 50 feet apart.

Goal of the game: cross the toxic river.

- Divide players into 2 teams and give each team 3 hula hoops and 3 poly spots.
- Starting on the bank of the river, teams must use their supplies to cross the toxic river which is between the cone lines.
- Players lay the hula hoops and poly spots on the floor and their entire team, at once, must try to cross the toxic river.
- Players must work together to step in the hula hoops or on the poly spots. To move further down the rivers, players must pass supplies down their line.
- Players cannot step in the toxic river, only on the poly spots or in the hula hoops. If a player steps in the toxic river, the whole team must complete 5 jumping jacks before continuing. The team(s) that crosses the river last must do 10 jumping jacks. Repeat for time.
- Game Variations: 1) create multiple teams or whole class 2) add more hoops or dots 3) add other equipment items.
- Game Tip: Change up teams to encourage teambuilding.

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.

Setup

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.

Fitness Focus: UPPER BODY

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.