

## EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Sandbells</li> <li>• 1 Parachute</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Tall Cone</li> <li>• 6 Poly Spots</li> <li>• 2 Short Cones</li> <li>• 3 Hula Hoops</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Hula Hoops</li> </ul> <p>*See game instructions to determine additional equipment needed</p>

## 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	<a href="#">High Kicks</a>	<a href="#">Knee Hugs</a>	<a href="#">Butt Kickers</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Back Lunges w/ Sandbell</a>	<a href="#">Squat Jumps</a>	<a href="#">Single Leg Toe Touch</a>	<a href="#">Duck Walk</a>

- 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: Parachute (10 min.)

#### Setup and Instructions

- Have all players hold a handle on the parachute.
- Players should work together to get the parachute as high as possible into the air without letting go. When the parachute is at its highest, chose from the following:

- 1-2 players run around the group and return to their spot(s) before the parachute hits the ground. You can call out the players name(s) or assign each player a number and call out the numbers.
- 2 players whose names or numbers are called change places by running under the parachute before it hits the ground.
- 1 player whose name or numbers is called runs and tags another player under the parachute, then runs back to his/her spot before the parachute falls. The tagged player waits for the parachute to go up then runs to tag another player.

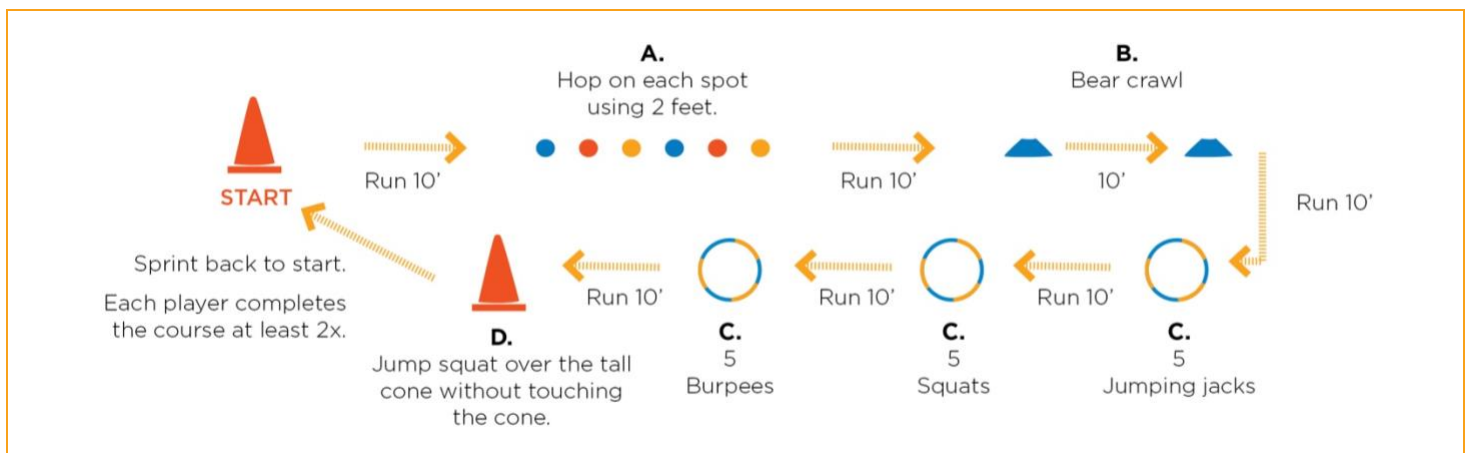
## OBSTACLE COURSE (15 min.)

### 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 starts by running to the first spot and hopping on each spot using two feet.
  - After the last spot, players run to the first cone and bear crawl to the second cone.
  - Next, the player performs 5 jumping jacks in the first hula hoop, 5 squats in the second hoop, and 5 burpees in the third hoop.
  - To finish, the player attempts a jump squat over a tall cone without touching the cone. Players return to the start line to repeat the course. Players should complete course at least twice.
- Course Variation: Instead of running, players can skip forward or backward, frog hop, side shuffle, bear crawl, etc.
  - Course Tips: 1) For younger players, use a short cone for the jump squat if they are not able to jump the height of the tall cone. 2) For older players, use 2 tall cones for the jump squat. 3) For a large class, set up 2 courses.

### DIAGRAM



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## PE GAME (15 min.)

### Moving Day Relay

#### Setup and Instructions

Set up 2 hula hoops.

Goal of the game: move items using only feet.

- Divide players into 2 teams and have each team sit in line behind a hula hoop.
- At the end of each line, place a pile of equipment. team should start out with the same number of items. This could be short/tall cones, poly spots, dodgeballs, sandbells, bean bags, or anything that could be picked up using only feet.
- Using only their feet, players must pass their pile of items down their team's line to the first who places the item in the hula hoop.
- When an item gets all the way down the line without being touched by someone's hand or being dropped on the ground, that item is finished and out of play.
- If an item is dropped or someone touches it with their hands, that item has to go all the way back to the beginning of the line. Players can use their hands to pass the item back to the beginning.
- This game continues until teams have passed all items down to the end of the line.
- Game Tips: 1) for a larger class divide players into multiple teams 2) coach should help space so they do not kick each other when passing items.

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## 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.

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## YOGA STRETCHES (5 min.)

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

## Fitness Focus: LOWER 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. 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).

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**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.