

EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Hula Hoops • 2 Agility Ladders • Poly Spots (1 per player) • 1 Measuring Tape 	<ul style="list-style-type: none"> • 4 Tall Cones • 2 Speed Chutes • 1 Measuring Tape 	<ul style="list-style-type: none"> • 2 Hula Hoops • 2 Sandbells • 36 Short Cones • 24 Poly Spots • Flag Belts of color A (1 per player) • Flag Belts of color B (1 per player)

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	Ice Skaters	Single Leg Balance	Inch Worms

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Hoop Jump	In, Out, In, Out w/ Agility Ladder	Speed Hand Walks	Leg Hops

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: Musical Spots (10 min.)

Setup and Instructions

- Use the rules for musical chairs but play with spots. Spread out spots, using one less spot than the total number of players. For example, if there are 20 players, spread out 19 spots.
- Before the music starts, coach should call out how players will move around (run, skip, hop, jump, etc.) When the music starts, players move around the spots. When the music stops, players find a spot and do a squat hold in place until the music starts again. The player without a spot is out.
- The coach should remove a spot after each round until there is one player left.

RELAY RACE (15 min.)

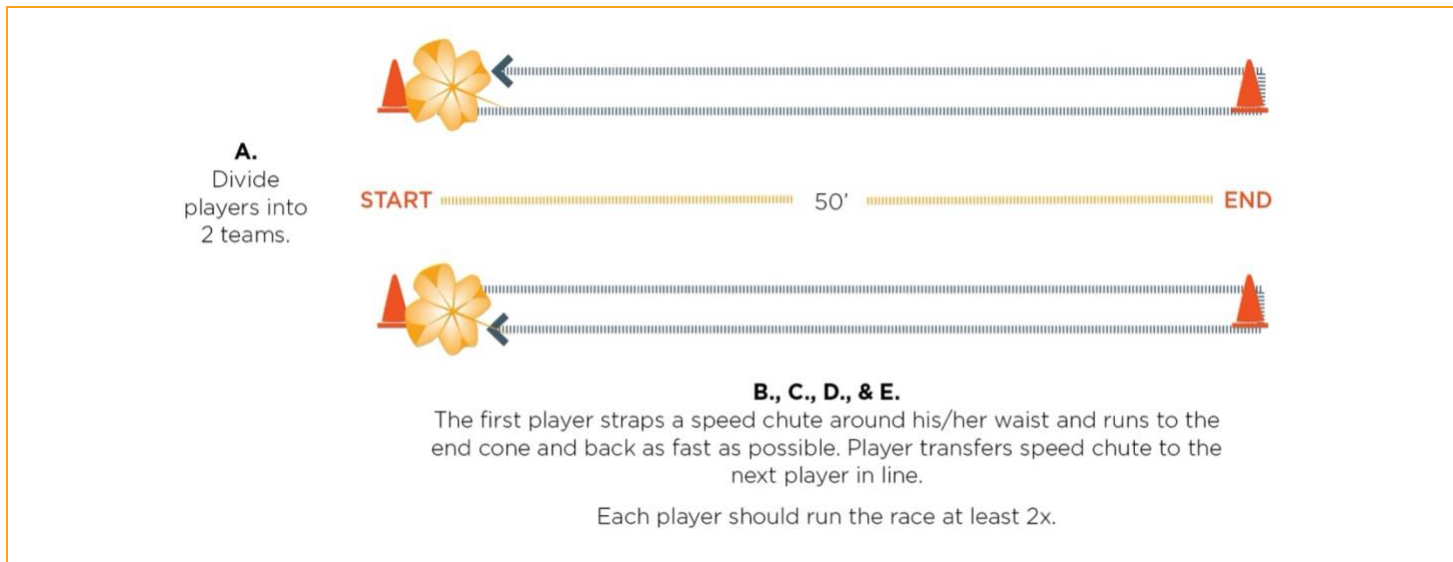
Speed Chute Run

Setup and Instructions

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

- A. Divide players into 2 teams and have each team line up behind a start cone.
 - B. Place an end cone 50 feet away from each start cone.
 - C. The first player from each team straps a speed chute around his/her waist.
 - D. When the coach says “Go”, the first player from each team runs to the end cone and back to the start cone as fast as possible.
 - E. Once back at the start cone, the first player takes the speed chute off and transfers it to the next player in line. Each player should run the race at least twice.
- Relay Tips: 1) For younger players, shorten the distance between the start and end cone. 2) For older players, lengthen the distance between the start and end cone.

DIAGRAM



PE GAME (15 min.)

Capture the Flag

Setup and Instructions

Set up a field about the size of a basketball court or as big as a soccer field. Use short cones to mark boundaries. Use Dots/Poly spots to create a midline. Place a hula hoop on each side with a medicine ball in each hoop. The sandbell is the “flag”.

Goal of the game: Practice offensive and defensive skills.

- Divide players into 2 teams and give all players waist flags to wear. Only one team should wear the pinnies.
- Teams will start on opposite sides of the field.
- When the coach says, “Go!”, players will try to run onto the other side to get the other team’s flag (sandbell), while also trying to stop the other team from getting their flag (sandbell).
- When the players run to the other team’s side, their flags can be pulled.
- Players whose flags are pulled go to the sideline and perform jumping jacks, push-ups or planks to get back into the game.
- When a player runs past the other team and makes it to the hula hoop, they are safe, and their flags cannot be pulled. If they can run back safely to their side with the flag (sandbell), their team wins.
- Variations: Instead of players going to the sideline when their flag is pulled, they can go to a hula hoop and are stuck there until one of their teammates comes and saves them and walks them back to their team’s side.

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.

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.