

EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> • 4 Tall Cones • 4 Ankle Bands • 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"> • 3 Tall Cones • 1 Sandbell • 24 Poly Spot Markers • 1 Agility Ladder • 1 Measuring Tape 	<ul style="list-style-type: none"> • 2 Pinnies • 18 Dodgeballs • 36 Short Cones

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	Air Drumming	Seal Jack	Air Jump Rope

FITNESS STATIONS & GAME (20 min.)

STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
Inch Worms	High Plank	Bicep Curls w/ Ankle Bands	Y's, T's & W's

Setup & Instructions

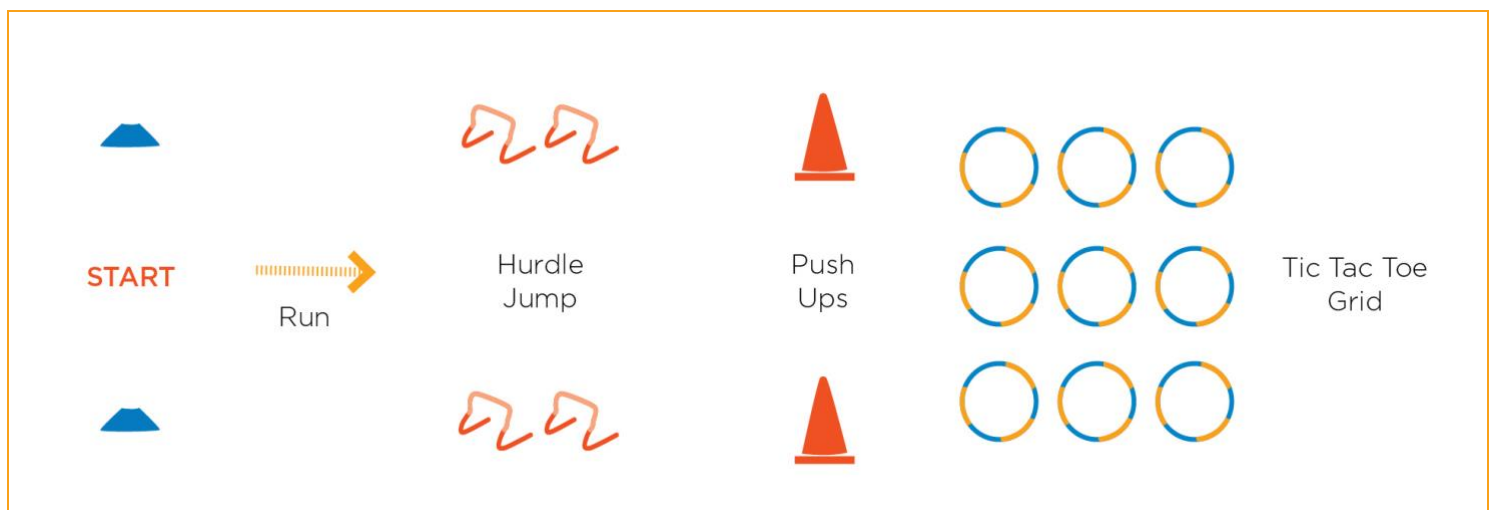
- Use 4 tall cones to designate 4 stations. Each station should be approximately 25 feet apart.
- Divide the players into 4 small groups — 1 group per station.
- All players begin at the same time by performing the fitness movement at their station for 30 seconds. When time is up, players can rotate 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 spot, etc.

DIAGRAM



Obstacle Course (15 min.)

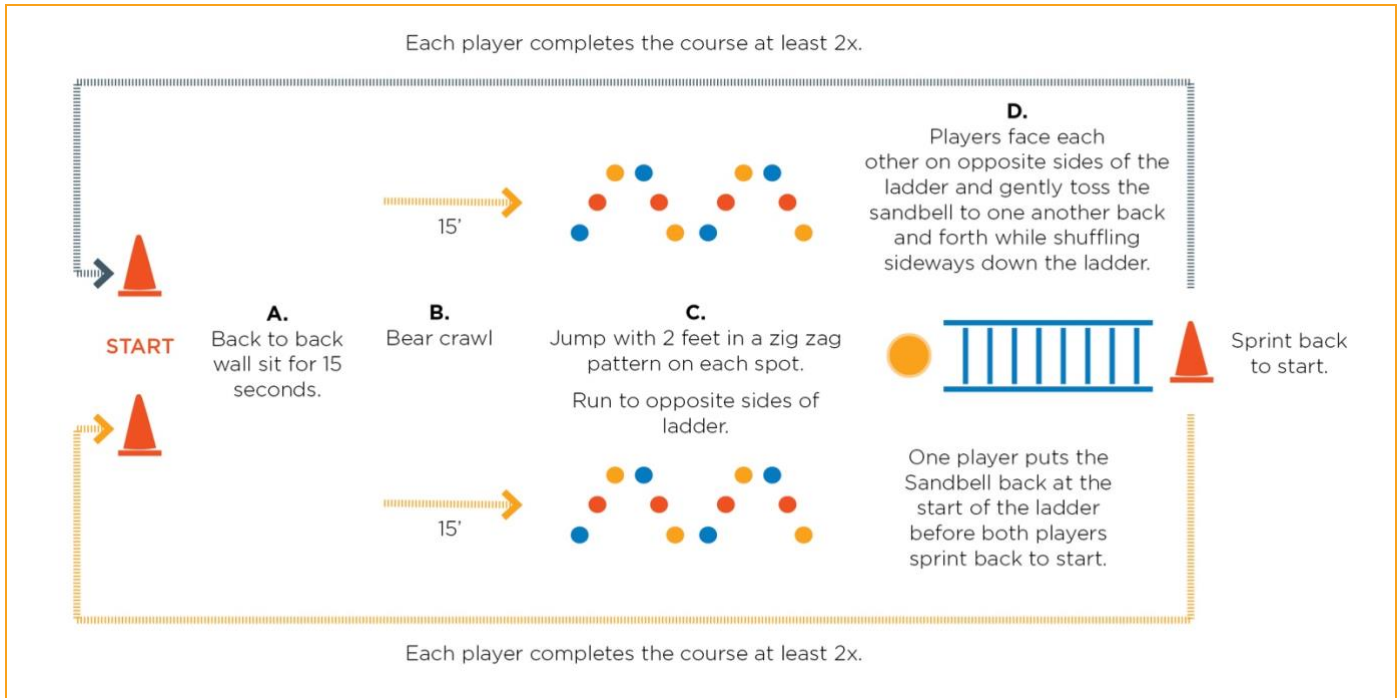
Setup and Instructions

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

- Divide players into 2 equal teams and place each team in a line behind a start cone. The first player from each line will do a back-to-back wall sit and hold for 15 seconds.
- Players should then bear crawl from the start cone to the spots.
- Next, players jump with 2 feet in a zig-zag pattern, landing on each spot before running to opposite sides of the ladder.
- Once at the ladder, one player should pick up the sandbell and gently toss to their partner. Players should toss back-and-forth to each other while sideways shuffling down and back up the ladder. One player should

put the sandbell back at the start of the ladder before sprinting with partner back to the start of the course. Players should go through the course at least twice.

DIAGRAM



PE GAME (15 min.)

Dr. Dodgeball

Setup and Instructions

Set up a field of play and create a midline with cones to divide the field.

Goal of the game: throw balls at targets while dodging balls.

- Divide players into 2 teams and designate 1 player on each team to be the Doctor, who wears a pinnie.
- Have teams stand on opposite sides of the field and give each of the teams half of the dodgeballs.
- When the coach says “go”, players grab a ball and throw it at the other team, while staying on their half of the field.
- Players who are hit from the shoulders down have to sit down where they were hit and wait for the Doctor to save them.
- The Doctor can tag players who are sitting down to get them back in the game. Doctors are not targets and cannot get out.

Fitness Focus: UPPER BODY

- If a player catches a thrown ball, the thrower is out and sits down to wait for their team's Doctor.
- Play continues until all of one team's players are out. Before starting a new game, the team that has all players out must complete a high plank for 10 seconds.
- Game Variations: 1) instead of being hit from the shoulders down, can be changed to waist down 2) doctors can be hit 3 times before being out. If Doctor is out, the whole team is out even if a player from the team has not been hit.

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 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. 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.

Fitness Focus: UPPER BODY

- 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.
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.