

## EQUIPMENT LIST

<b>Fitness Stations &amp; Game</b> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Kettle Bells</li> <li>• 36 Short Cones</li> <li>• 36 Bean Bags</li> <li>• 1 Measuring Tape</li> </ul>	<b>Relay Race</b> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Hula Hoops</li> <li>• 1 Measuring Tape</li> </ul>	<b>PE Game: K-2<sup>nd</sup></b> <ul style="list-style-type: none"> <li>• 36 Short Cones</li> <li>• Flag Belts (1 per player)</li> </ul> <b>PE Game: 3<sup>rd</sup>-8<sup>th</sup></b> <ul style="list-style-type: none"> <li>• Hula Hoops (1 per group)</li> <li>• Dodgeballs (1 per group)</li> <li>• Short Cones or Poly Spot Markers</li> </ul>
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## 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="#">Side Bends</a>	<a href="#">High Kicks</a>	<a href="#">Running Arms</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Kickouts</a>	<a href="#">Mountain Climbers</a>	<a href="#">Seated Heel Drops</a>	<a href="#">Side Bend w/ Kettle Bell</a>

### 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; Bean Bag Tag (10 min.)

### Setup and Instructions

- Create a field of play using short cones.

- Choose one player to be “it” and have that player stand in the middle of the playing field with 36 bean bags.
- When the coach says “Go”, all other players try to run from one end of the field of play to the other without being hit by a bean bag thrown by the “it” player.
- Players who get hit with a bean bag must perform a 5 second plank and join the “it” player in the middle to help tag more players.
- The last player to get hit with a beanbag is the first “it” for the next round.
- Game Variation: Start with multiple players to be “it”.
- Game Tip: Remind players that bean bags should be tossed below a player’s shoulders.

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## RELAY RACE (15 min.)

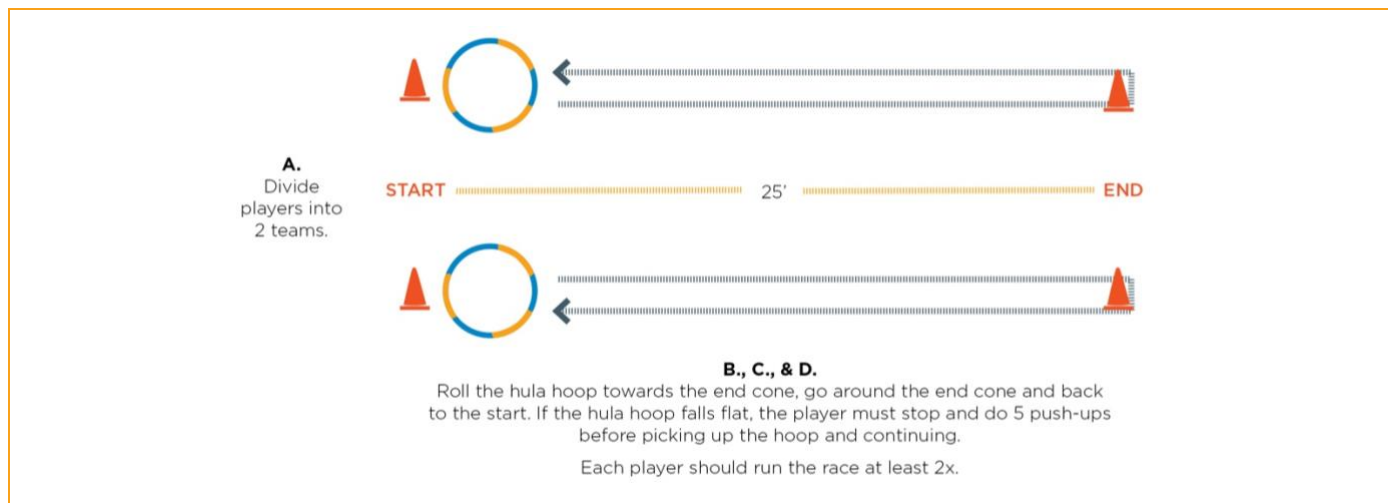
### Hula Hoop Race

#### 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 player from each team rolls the hula hoop toward the end cone, 25 feet away.
  - At the end cone, players go around the cone before rolling the hula hoop back to the start cone.
  - If the hula hoop falls flat, players must stop and do 5 push-ups before picking up the hula hoop and continuing. Each player should run the race at least twice.
- Relay Variation: For older players, add a hula hoop so they have to roll 2 hoops instead of 1.
  - Relay Tips: 1) For a large class, divide players into multiple teams. 2) For younger players, shorten the distance between start and end cone. 3) For older players, lengthen the distance between the start and end cone.

# DIAGRAM



## PE GAME: K-2<sup>nd</sup> (15 min.)

### What Time is it Mr. Fox?

#### Setup and Instructions

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

Goal of the game: avoid being tagged

- Every player puts on a flag belt, except for Mr. Fox.
- Choose 1 player to start off as Mr. Fox. Mr. Fox stands towards one end of the field of play, all other players stand together at the other end.
- Players call out “What time is it Mr. Fox?” Mr. Fox responds with a time, like 6 o'clock. Players take that many steps toward Mr. Fox (6 o'clock = 6 steps).
- When players call out “What time is it Mr. Fox?” and Mr. Fox responds with “Lunchtime”, players run back to the beginning while trying not to have their flag pulled by Mr. Fox.
- When a player's flag is pulled, they must complete a high plank for 5 seconds then they join the original Mr. Fox.
- Play until all players are caught.
- Game Variation: Start with more than 1 Mr. Fox.
- Game Tip: Younger players may need help from Coach calling out time or saying “lunchtime”.

Fitness Focus: CORE

## PE GAME: 3<sup>rd</sup>-8<sup>th</sup> (15 min.)

### Guard the King or Queen

#### Setup and Instructions

Place one hula hoop on the floor, then create a larger circle around the hula hoop using short cones or poly spots,, about 10 feet from the hula hoop.

Goal of the game: to throw the ball at the king or queen.

- Select one player to be the king or queen and one player to be the bodyguard. Divide the remainder of the players into groups of 5-9 players.
- The king or queen will stand in the hula hoop, and the bodyguard will stand right outside the hula hoop.
- The groups will stand in their own line outside the larger circle created with the short cones or poly spots.
- The king/queen stays standing and the guard can move around the hula hoop.
- Players throw the ball and try to hit the king/queen. The king/queen has to stay in the hula hoop, but can lean sideways or move within the hula hoop to dodge the ball.
- The bodyguard can go all over the place to block balls thrown at the king/queen. They can catch the ball, block it, hit it away, anything to protect the king/queen from getting hit.
- Play continues until the king/queen gets hit by the ball. Then, the king/queen becomes the bodyguard, the bodyguard joins the circle, and the player who threw the ball that hit the king/queen now becomes the king/queen.
- Game Variation: The circle around the hula hoop can be larger to make it more difficult. For bigger groups 2 balls can be used.

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## MINDFULNESS (1 min.)

### Mindful Bubbles

#### Setup and Instructions

Group students at arm's length. Students should be calm and quiet before beginning.

Pretend to blow bubbles. Have your kids focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Encourage them to pay close attention to the bubbles in their mind as they form, detach, and pop or float away.

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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.

#### Setup and Instructions

Group students at arm's length. Students should be calm and quiet before beginning.

## Fitness Focus: CORE

1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breath.

1. [Butterfly Pose](#)

- From a seated position, bend your knees so that the soles of your feet touch each other.
- Bring your heels as close in toward your body as possible and wrap your hands around your feet or ankles.
- Gently press your forearms or elbows into your thighs, so that the knees move toward the floor.
- Fold forward from your hips so your chest moves toward the floor.
- Hold for 4 breaths.

2. [Seated Spinal Twist](#)

- Sit up straight with both legs out in front of you.
- Cross your right foot to the outside of your left thigh and bring your left foot back beside your right hip.
- Place your right fingertips behind you and hug your left knee into your chest.
- Inhale, sit up tall.
- Exhale, twist to the right from the base of your spine.
- Hold for 4 breaths then switch sides.

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## COOLDOWN STRETCHES (5 min.)

### Setup and Instructions

Group students at arm's length. Complete each stretch twice.

1. [Standing Side Reach](#)

- Standing with your feet shoulder width apart, place one hand on your hip and raise the other hand above your head.
- With your hand still above your head, lean towards the opposite direction, towards the hand on your hip.
- Hold for 30 seconds. Relax the stretch then switch sides.

2. [Toe Touch Twists](#)

- 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.