

## EQUIPMENT LIST

Fitness Stations & Game	Obstacle Course	PE Game
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Kettle Bells</li> <li>• Dodgeballs (1 per pair)</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 3 Hula Hoops</li> <li>• 3 Bean Bags</li> <li>• 1 Agility Ladder</li> <li>• 1 Soccer Ball</li> <li>• 7 Tall Cones</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Playground Ball</li> <li>• 5 Poly Spots</li> </ul>

## 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="#">Quad Stretch</a>	<a href="#">Toe Walks</a>	<a href="#">Heel Walks</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Squat Hold w/ Kettle Bell</a>	<a href="#">Single Leg Balance w/ Sandbell</a>	<a href="#">Side Lunges</a>	<a href="#">Calf Raises</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: 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.

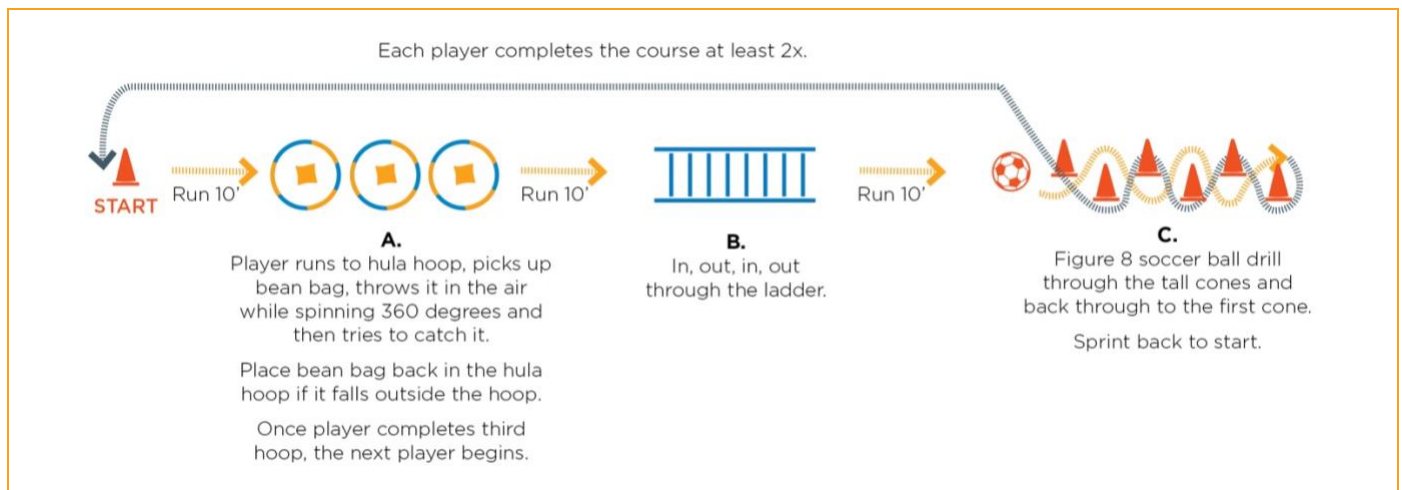
## OBSTACLE COURSE (15 min.)

### Setup and Instructions

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

- Place all players in a line behind the start cone. The first player runs to the first hula hoop, picks up the bean bag, and throws it up in the air. Immediately after throwing the bean bag high in the air, the player tries to spin 360 degrees then catch the bean bag before it hits the ground. If the bean bag falls outside the hula hoop, the player should put it back in the hoop before moving to the next. Once the first player completes the last hula hoop the second player can start.
- After the last hula hoop, the player runs to the agility ladder where they perform an in, out, in, out ladder drill.
- Last, the player performs a figure eight soccer ball drill through the tall cones and back to the first tall cone before sprinting back to the start line. Each player should complete the course at least twice.
- Course Variations: 1) Players can perform fitness movements such as jumping jacks or burpees in the hula hoops instead of turning in a circle 2) Change ladder drill to hopping with one or both feet.
- Course Tip: For a large class, set up 2 courses.

### DIAGRAM



---

## PE GAME (15 min.)

### Kickball

#### Setup and Instructions

Set up a kickball field (same as baseball field) using poly spot markers. Field should have 4 bases and 1 pitcher's mound.

Goal of the game: kick the ball and make it around the bases without getting out and also fielding the ball to get the other team out.

- Divide the players into 2 teams and place one team in the outfield and the other at the home base. Each team has a pitcher (can be the coach, a player from the fielding team or a player from their own team) who rolls the ball to the kicker standing at home base.
- The kicker must kick the ball and try to make it to first base or further without getting out. To get a player out, the fielding team must tag a runner with the ball or step on the base while holding the ball before the runner gets to the base.
- When the second kicker kicks, the first kicker should try to run to the next base. If the second player's ball is caught by the opposing team, the first player must go back to the base.
- When a team has 3 outs they switch. Fielding team becomes the kicking team.
- Game Variations: 1) for younger players, the game can be played without a pitcher; place the ball on home plate and the kicker kicks it from there 2) bases could be moved closer or farther apart 3) everyone kicks rule; don't switch at 3 outs.

---

## 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.

---

## 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).

---

**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.