

## EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Sandbells</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Ankle Bands</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Dodgeball</li> <li>• 1 Bean Bag</li> <li>• 1 Playground</li> <li>• 36 Short Cones</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="#">Skip Forward/Backward</a>	<a href="#">High Knees</a>	<a href="#">Toe Walks</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Speed Mountain Climbers</a>	<a href="#">Bound</a>	<a href="#">Skiers</a>	<a href="#">Twists</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: Over or Under (10 min)

#### Setup and Instructions

- Set up 2 tall cones 20 feet apart.
- Divide players into 2 teams and give each team a sandbell. Each team lines up at a start cone, one player behind the other.
- Facing the end cone the first player in the line starts by passing the sandbell either overhead or between his/her legs to the player behind.

- The next player passes the sandbell either overhead or between his/her legs to the player behind.
- Players continue passing the sandbell over or under until it reaches the end of the line, at which time the last player runs with the sandbell to the front of the line and starts again.
- Game Tip: For a large class, Coach can divide players into multiple teams.

## RELAY RACE (15 min.)

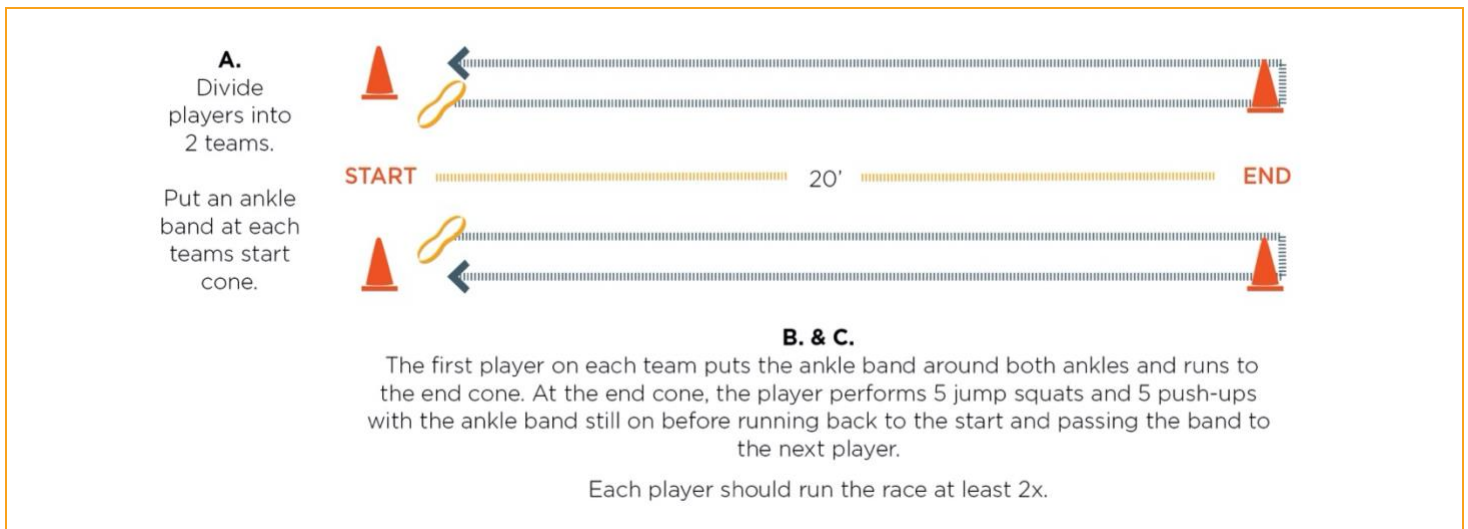
### Ankle Band Race

#### 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. Place an ankle band at each team's start cone.
  - The first player from each team puts the ankle band around both ankles and runs to the end cone, 20 feet away.
  - At the end cone, the player performs 5 jump squats and 5 push-ups with the ankle band still on before running back to the start cone and passing the band to the next player in line. Each player should run the race at least twice.
- Relay Variation: Instead of running, players can hop, side shuffle, perform lunges, etc. to end cone.
  - 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



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## PE GAME (15 min.)

### Ultimate Anything

#### Setup and Instructions

Set up a mini football. Use the short cones to create an end zone.

Goal of the game: work as a team to get an item into the end zone.

- This game is similar to handball, football and ultimate frisbee.
- Divide players into 2 equal teams and give half the teams pinnies to wear. Have 1 team start with 1 equipment item either a bean bag ball.
- If a player has the item, they can only take 3 steps before throwing it.
- To score, the ball must be caught in the other team's end zone.
- If the item is dropped or the other team intercepts it, it changes possession.
- Game Variation: Change the equipment item after each team has scored.
- Game Tips: 1) for younger players, use a playground ball 2) for older players use bean bags. 3) For a large class, create multiple teams.

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## 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.

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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: AGILITY

**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 (pinkie 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.

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**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.