

## EQUIPMENT LIST

Fitness Stations & Game	Relay Race	PE Game
<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Sandbells</li> <li>• 36 Short Cones</li> <li>• Poly Spots (1 per player)</li> <li>• Beans Bags (1 per player)</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 20-30 Bean Bags</li> <li>• 2 Agility Ladders</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Hula Hoops</li> <li>• 2 Dodgeballs</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="#">Toe Touches</a>	<a href="#">Spider Lunges</a>	<a href="#">Heel Scoops</a>

## FITNESS STATIONS & GAME (20 min.)

### STATIONS (10 min.)

Station 1	Station 2	Station 3	Station 4
<a href="#">Bicycles w/ Sandbell</a> or <a href="#">Standup Bicycles w/ Sandbell</a>	<a href="#">Crab Toe Touch</a>	<a href="#">Seated Flutter Kicks</a>	<a href="#">Tic Tocks</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: Spots & Bean Bags (10 min.)

### Setup and instructions

- Create a field of play using short cones. On one end of the field, divide players into 2 teams and give one team the spots and the other team the bean bags.
- When the coach says “Go”, the team with the spots runs to the other side of the field and places the spots in random locations then returns to the start area. The other team closes their eyes while the spots are being placed.
- Once the first team finishes placing the spots, the team with the bean bags runs out and places one bean bag on every spot and then returns to the start area.
- After 1-2 rounds have teams switch so that the team that placed the spots gets a chance to place the bean bags.
- Game Variation: Players can perform other movements when placing dots and beanbags, such as hopping, skipping, running backward, etc.

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## RELAY RACE (15 min.)

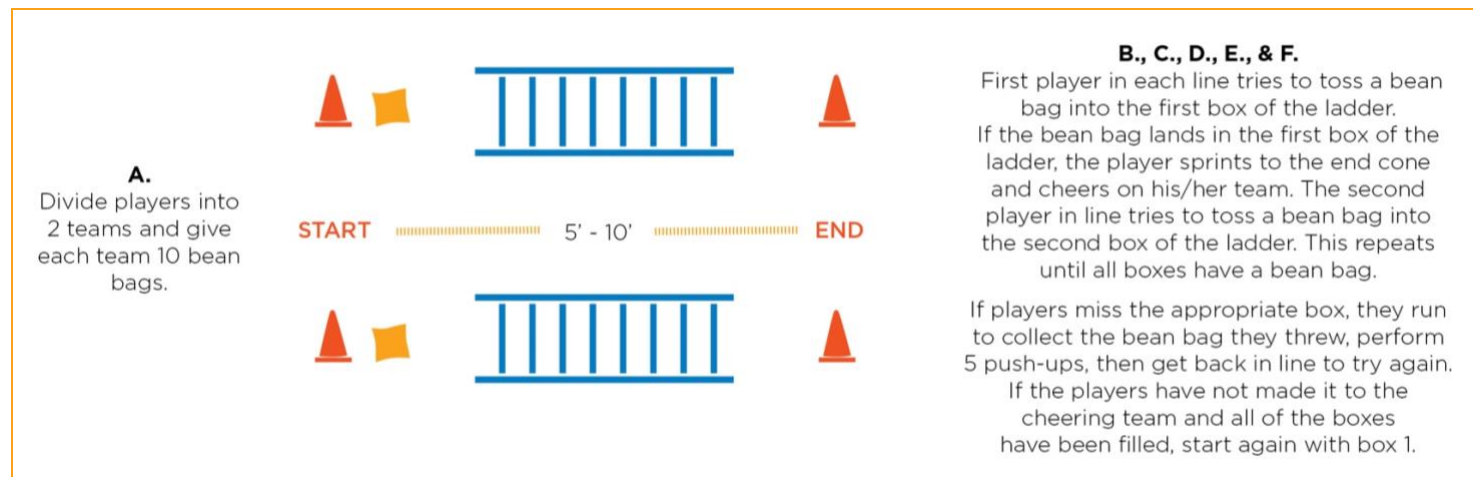
### Bean Bag Toss

#### 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. Each team should have at least 10 bean bags in front of each start cone.
  - B. When the coach says “Go”, the first player in each line picks up a bean bag and tries to toss it into the first box of the ladder.
  - C. If that player’s bean bag lands in the first box, the player sprints past the ladder to the end cone and cheers on the team.
  - D. The second player in line then picks up another bean bag and tries to toss it into the second box of the ladder. This repeats until all boxes of the ladder have a bean bag.
  - E. If players have not made it to the cheering team and all boxes have been filled, start again with box 1. In this case, there may be more than one bean bag in each box.
  - F. If players miss the appropriate box, they run to collect the bean bag they threw, bring it back to the team, perform 5 push-ups, and then get in the back of the line to try again.
- 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.)**

**Passing Relay**

**Setup and instructions**

Teams will line up and have a hula hoop at the end of each line.

Goal of the game: Get all balls from one

- Divide players into equal teams and have players stand in a line, arm's length away from each other.
- The first player in each line will start with a ball, the last player in the line will be at the hula hoop.
- When the coach says "Go", the first player in line will throw the ball to the second player and that player will turn and throw the ball to the third player. This continues until the last player in line catches the ball and places it in the hula hoop.
- If a ball is dropped, the player who threw the ball and the player who dropped the ball must do a high plank for 5 seconds. The player who dropped the ball must run the ball back to the first player then get back in line to begin again.
- Game Variations: 1) Add more balls 2) Use bean bags instead of balls for older players 3) Players can space themselves farther apart to make it more difficult.

**MINDFULNESS (1 min.)**

**Mindful Bubbles**

**Setup and Instructions**

Group students at arm's length. Students should be calm and quiet before beginning. Complete the activity for 30 seconds.

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.

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.