



## Warm-Ups

If you are in a smaller space such as a classroom, multipurpose room or cafeteria, you can shorten the distance for an activity that lists a specified distance. For example, the warm-ups section instructs you to mark start and end cones 25 feet apart. You can shorten this to a distance that best suits the space you are using.

Another option is to do warm-ups as a whole group. Have all the students stand in a circle or in rows in front of you and do the warm-ups for 30 seconds.

If there is a warm-up that cannot safely be done in the space you are using -- for example, bear crawls should not be done inside a classroom -- refer to the Fitness Video Library List to choose a different warm-up.

## Fitness Stations

If you are in a smaller space such as a classroom, multipurpose room or cafeteria, you can set up 2 stations instead of 4. Split the class into two groups and for 30 seconds students will do the required movement at Stations 1 & 2. After the time, the two groups should switch. You can repeat this once or twice more. After the groups have completed Station 1 & 2 for however many rounds you have chosen, you can now switch the stations from 1 & 2 to 3 & 4. The students will do the movements for stations 3 & 4 for however many rounds you choose.

If there is a fitness movement that cannot safely be done in the space you are using -- for example, kickouts should not be done inside a classroom -- refer to the Fitness Video Library List to choose a different fitness movement.

## Fitness Games

If you are in a smaller space such as a classroom, multipurpose room or cafeteria, some games that can be played indoors are:

- Hot Potato with a sandbell (see class 2)
- Tic Tac Toe (see class 3): this can be played in a larger multipurpose room. Have students do a fitness movement such as 5 squats or 5 jumping jacks before running their beanbag to the Tic Tac Toe grid.
- Head, Shoulders, Knees, Toes, Ball (see class 5): if you do not have enough space to create groups of 2, create groups of 3 or 4.
- Over & Under (see class 6): instead of students running to end of line to get the sandbell to the end point, have students pass the sandbell over and under in a circle and track the time it takes for the sandbell to get back to the person who started. Play several rounds where the class tries to beat their time each round.

## Relay Race or Obstacle Course

Relay races and obstacle courses can still be played indoors depending on the space, not ideal for a classroom. You can shorten specified distances or remove some equipment or sections. For example, in class 2 you can shorten the run distance from 10' to 5' or the bear crawls and crab walk from 15' to 10'. You can put out 8 dots instead of 15 and you can choose bear crawls or crab walks instead of having students do both.



### **PE Games**

Should only be played in larger multipurpose rooms since most of the games include running. If you have a larger class consider breaking the class up into 4 teams and have 2 teams play the game for 5 minutes while the other 2 teams sit/stand on the sidelines and watch/cheer. Play so that all teams get a chance to play each other.

### **Mindfulness**

Can easily be done in any space.

### **Yoga**

Should be done in larger multipurpose rooms. Can be done in classroom if there are no desks and/or chairs.

### **Cooldown Stretches**

Can easily be done in any space.