

EQUIPMENT LIST

Warmups	Fitness Stations	Relay Race	Game, K-2 nd	Game, 3 rd -8 th	Mindfulness
<ul style="list-style-type: none"> • 2 Battle Ropes 	<ul style="list-style-type: none"> • 4 SandBells • 4 Tall Cones • 1 Measuring Tape 	<ul style="list-style-type: none"> • 12 Tall Cones • 4 Short Cones • 2 SandBells • 1 Measuring Tape 	<ul style="list-style-type: none"> • 10-12 Poly Spots (7-9 spots for less than 24 students) • 10-12 Beanbags • 1 Measuring Tape 	<ul style="list-style-type: none"> • 36 Short Cones • 2-3 Foam Balls • 1 Hula Hoop • 1 Measuring Tape 	<ul style="list-style-type: none"> • 1 Bluetooth Speaker

WARMUPS (5 min.)

Setup and Instructions

- Divide the class into two groups. Have each group pick up a battle rope and hold it above their head with one or both hands while completing a lap around a track or designated area. All students in a group should hold the rope the same way.
- Once the lap is complete, divide students into four lines, standing arm's length apart. Lead the students in completing warmups 2-4.
- Students should complete the movements for a count of ten. If the left and right side of the body are used in the movement, complete the movement for a count of ten on each side.

Warmup 1	Warmup 2	Warmup 3	Warmup 4
Lap Run with Battle Rope	High Kicks	Knee Hugs	Butt Kickers

FITNESS STATIONS (10 min.)

Setup and Instructions

Arrange four tall cones, with each cone serving as a station, in a square formation. There should be 15 - 20 feet between each cone. Divide students into four groups and assign each group to a station.

- Each group should perform the assigned movement for each station for thirty seconds. When time is up, students rotate by skipping, jogging, hopping, or running to the next station.
- Students should rotate through the stations twice.

Station 1	Station 2	Station 3	Station 4
Back Lunges with SandBell	Squat Jumps	Single Leg Toe Touch	Duck Walk

RELAY RACE (10 min.)

Figure 8 Relay

Setup and Instructions

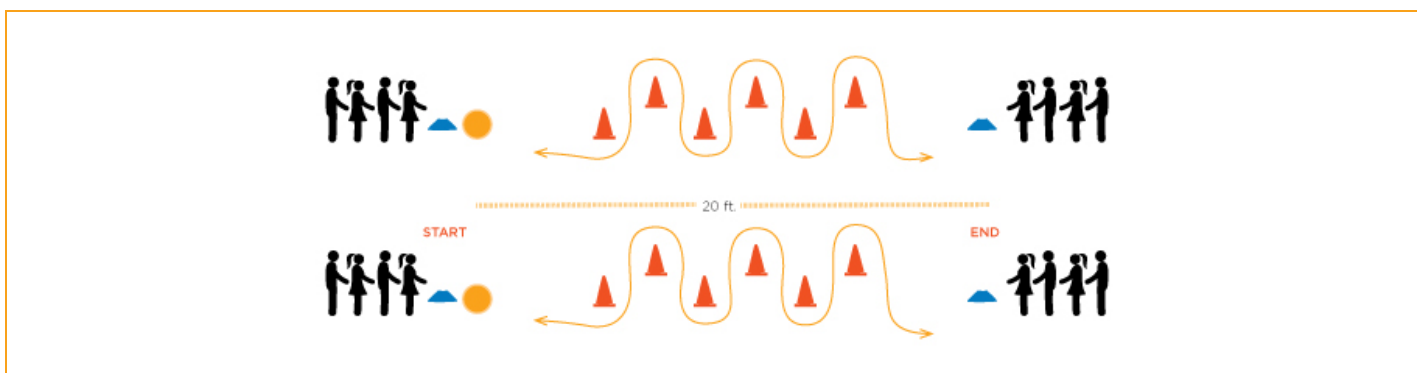
Set up relay race as shown in the diagram below. Divide students into two equal teams and have each team line up behind a start cone. Send half of the students from each team to the end cone.

- When the Coach gives the signal 'go', the first student at each start cone picks up a sandbell, completes five squats then runs to the tall cones to complete a Figure 8 run before running to their team's end cone.
- At the end cone, students put the sandbell down and completes a five-second plank before joining the line of students at the end cone. While the student is completing their five second plank, the first student at the end cone picks up the sandbell, completes five squats then runs to the tall cones to complete a Figure 8 run before running to the start cone.
- At the start cone, the student puts the sandbell down and completes a five-second plank before joining the line of students at the start cone. While the student is completing their five second plank, the next student in line at the start cone picks up the sandbell, completes five squats then runs to the tall cones to complete a Figure 8 run before running to the end cone.
- Students repeat the steps until all students have run the relay twice, putting them back in the original line they started. The first team to finish wins.

Relay tips: 1) For younger students, shorten the distance between the start and end cone, and for older students, lengthen the distance between the start and end cone. 2) For older students, increase the weight by adding a six-pound sandbell or replace the six-pound with a ten-pound sandbell.

Relay variations: 1) Play multiple rounds and create new teams each round. 2) Add more cones to the Figure 8 run. Use short cones if necessary.

DIAGRAM



GAME: K-2nd (10 min.)

Guard the Cookie

Setup and Instructions

Create a 30 ft. x 30ft. playing field using short cones; can be larger if space allows. Scatter the poly spots around the playing field. Place one beanbag on top of each poly spot. The spots are the cookie jars, and the beanbags are the 'cookies'. Place a guard (student) at each cookie jar.

Goal of the game: stop students from stealing cookies from the cookie jar.

- When the Coach gives the signal 'go,' students must run around trying to steal cookies from the cookie jars.
- If a guard tags a student who is trying to steal their cookie, the student must try to steal a cookie from another jar before coming back to try again.
- If a student who is trying to steal a cookie grabs the cookie before getting tagged, they become the new guard.
- Guards and students must stay on their feet. They may get low to the ground, but their knees and hands may not touch the ground. If their hands or knees touch the ground, they must air jump rope for ten seconds.
- Play for time and see how many guards can remain a guard the entire game.

GAME: 3rd-8th (10 min.)

Guard the King/Queen

Setup and Instructions

Place one hula hoop on the ground. Using short cones, create a larger circle around the hoop about ten feet away. Select one student to be the king or queen, they stand in the hoop, and one student to be the bodyguard, they stand outside of the hoop. The remaining students should stand in a circle outside of the larger circle. Give the remaining students two or three foam balls.

Goal of the game: hit the king or queen with a ball and become the new king or queen.

- When the Coach gives the signal 'go,' students must throw the ball and try to hit the king or queen. The king or queen must stay in the hoop but can move within the hoop or duck to dodge the ball.
- The bodyguard can move anywhere between the hoop and the large circle to block balls being thrown. They can catch the ball, block it, hit it away, anything to protect the king or queen from getting hit.
- If the king or queen gets hit by a ball, the bodyguard must complete five squat jumps before joining the outer circle, the king or queen becomes the bodyguard, and the student who threw the ball becomes the king or queen.
- Play for time.

Game variation: For bigger groups, add more balls.

MINDFULNESS (5 min.)

Embrace Tranquility

Setup and Instructions

Instruct students to sit quietly on a yoga mat or on the ground with their eyes closed.

- Use a Bluetooth speaker to play the audio for the Calming Breath Mindfulness Activity, link: <https://vimeo.com/549533890/86274d08d5>.
- After the activity, if students are comfortable sharing, have them describe how they are feeling to the class or a partner.

COOLDOWN (5 min.)

Setup and Instructions

Divide students into four lines, standing arm's length apart.

- Lead the students in completing two yoga breaths.
 - Yoga breath: inhale through the nose while counting to four slowly, hold for four seconds, then exhale through the mouth while counting to four slowly.
- Once students complete yoga breaths, lead them in the cooldown movements. Students should complete the movements for a slow count of ten. If the left and right side of the body are used in the movement, complete the movement for a count of ten on each side.

Cooldown 1	Cooldown 2
Malasan (Yogi Squat)	Flamingo Stretch