

## EQUIPMENT LIST

Warmups	Fitness Stations	Relay Race	Game, K-2 <sup>nd</sup>	Game, 3 <sup>rd</sup> -8 <sup>th</sup>	Mindfulness
<ul style="list-style-type: none"> <li>2 Battle Ropes</li> </ul>	<ul style="list-style-type: none"> <li>4 SandBells</li> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>4 Beanbags (different colors)</li> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>36 Short Cones</li> <li>24 Beanbags</li> <li>24 Poly Spots</li> <li>1 Measuring Tape</li> <li>1 Timer</li> </ul>	<ul style="list-style-type: none"> <li>36 Short Cones</li> <li>24 Poly Spots</li> <li>18 Foam Balls</li> <li>2 Hula Hoops</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>1 Bluetooth Speaker</li> </ul>

## 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 before completing one lap around a 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	<a href="#">Jumping Jacks</a>	<a href="#">Arm Circles</a>	<a href="#">Air Punches</a>

## 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 one minute. 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
<a href="#">Hand Walk</a>	<a href="#">Push-ups</a> or <a href="#">Incline Push-ups</a> (requires a step or bench)	<a href="#">Shoulder Taps</a> or <a href="#">Plank High 5's</a> (requires a partner)	<a href="#">Rows with SandBell</a>

## RELAY RACE (10 min.)

### Hourglass Relay

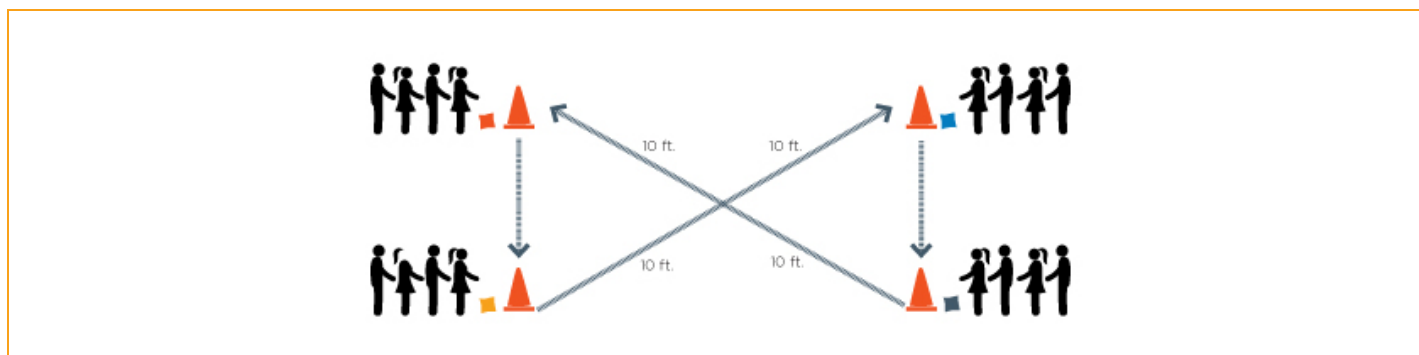
#### Setup and Instructions

Set up relay race as shown in the diagram below. Place the exact same number of beanbags at each cone. Divide students into four equal teams and assign each team to a cone.

- When the Coach gives the signal 'go', the first student from each team will balance their beanbag on their head while walking in a hourglass motion. Once a student completes the course and returns to their team, they hand off the beanbag to the next student. If the beanbag drops, the student must return to their team and complete five seal jacks before trying again.
- Each student should complete the relay twice. The first team to finish wins.

**Relay variation:** Change how students balance their beanbag: on their shoulder, back of their hand, on their chest, or on the side of their elbow by raising their arm to a 90-degree angle with their palm facing down.

#### DIAGRAM



## GAME, K-2<sup>nd</sup> (10 min.)

### Spots and Beanbags

#### Setup and Instructions

Create a 30 ft. by 50 ft. playing field using short cones; can be larger if space allows or use a basketball court if accessible. Divide students into two teams, Team A and Team B and send both teams to a short end of the field. Give each student on Team A a poly spot, and each student on Team B a beanbag.

Goal of the game: work as a team to get the fastest time.

- When the Coach calls out 'spots', students from Team A run to the opposite end of the field, place their poly spot on the ground, then run back to the end of the field where they started. The spots should be spread around and not close to each other. Students from Team B should close their eyes or turn their back so not to see where the spots are placed.

## Fitness Focus: UPPER BODY

- When the Coach calls out ‘bags’, a timer starts and students from Team B run to the opposite end of the field and place their beanbag on a spot then return to the end of the field where they started. Students from the same team may help each other find a poly spot that has not yet had a beanbag placed on it. Once every student from Team B returns to the short end of the field where they started, the timer stops. The Coach should make note of Team B’s time.
- Teams now switch and Team B places the poly spot and Team A places the beanbag. To make things easier, both teams can walk to the opposite end of the field picking up their new item on the way. Team B starts by placing their poly spot on the opposite end of the field and Team A places their beanbags on the poly spot.
- The team with the fastest time wins the game.
- Play for time.

**Game variation:** Instead of running, students can hop, skip, jump, or do butt kickers.

## GAME, 3<sup>rd</sup>-8<sup>th</sup> (10 min.)

### Dr. Dodgeball

#### Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones. Create a midline using poly spots and place a foam ball on each spot. Use a basketball court if accessible. Place a hula hoop on each end of the field. Divide students into two teams and have each team stand on opposite sides of the field. Choose a student from each team to be the ‘doctor’ and have the doctor stand in their team’s hoop wearing a pinnie.

Goal of the game: work as a team to get all students out from the opposing team.

- When the Coach gives the signal ‘go,’ students run to the midline to grab a ball and throw it at the opposing team. Students may not cross the midline; they must always stay on their side of the field.
- Students who are hit must complete ten seal jacks then sit down in the spot where they were hit until their doctor saves them by tagging them. Doctors are not targets and cannot get out.
- If a student catches a thrown ball the thrower must complete ten seal jacks, then sit down in the spot from where they threw the ball until their doctor saves them.
- The first team to get all the students from the opposing team out wins.

**Game tip:** For safety, students should try to hit students from the shoulders down. If a student is hit in the head the thrower can be out or complete five push-ups before being allowed to throw again.

**Game variations:** 1) Make the game challenging by allowing hits from the waist down only. 2) Doctors can get out or have three lives. If a doctor gets out, the game ends.

## MINDFULNESS (5 min.)

### Peace and Kindness

#### 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 Peace & Kindness Mindfulness Activity,

## Fitness Focus: UPPER BODY

link: <https://vimeo.com/549533890/86274d08d5>.

- After the activity, if students are comfortable sharing, have them share their answers to the questions below with the class or a partner:
  - What activities can a person do to find peace? (Meditate, go for a walk, take deep breaths, etc.)
  - Describe a situation where someone was kind to you, or you were kind to someone.

## 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
<a href="#">Cobra Pose</a>	<a href="#">Shoulder Stretch</a>