

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"> 36 Beanbags 4 Tall Cones 2 Agility Ladders 1 Measuring Tape 	<ul style="list-style-type: none"> 6 Beanbags 6 Foam Balls 6 Short Cones 6 Tall Cones 2 Hula Hoops 	<ul style="list-style-type: none"> 36 Short Cones 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	Jumping Jacks	Arm Circles	Air Punches

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
Hand Walk	Push-ups or Incline Push-ups (requires a step or bench)	Shoulder Taps or Plank High 5's (requires a partner)	Rows with SandBell

RELAY RACE (10 min.)

Beanbag Toss Relay

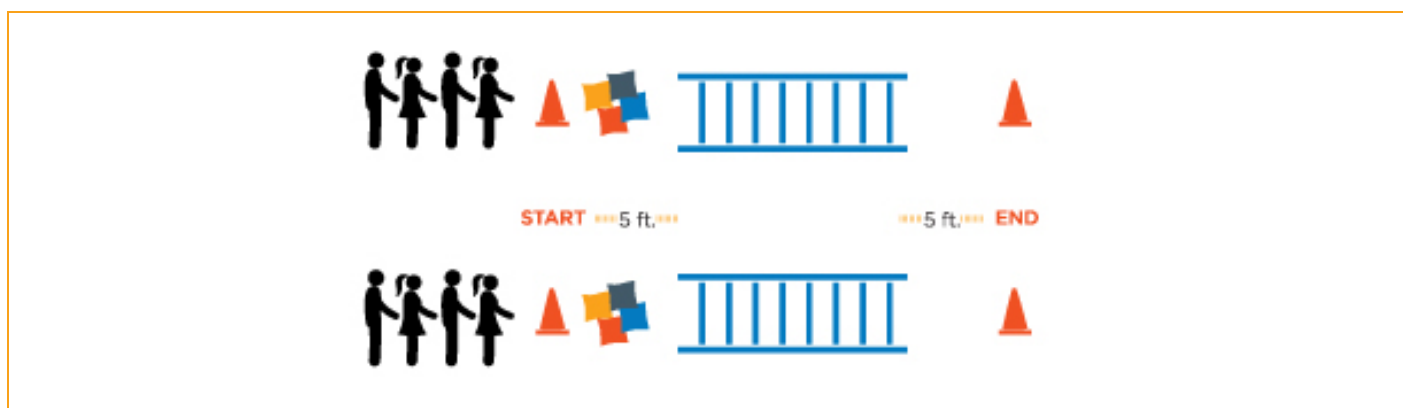
Setup and Instructions

Set up relay race as shown in the diagram below. Place 18 beanbags at each start cone. Divide students into two equal teams and have each team line up behind a start cone.

- When the Coach gives the signal 'go', the first student from each team picks up a beanbag and tries to toss it into the first box of the ladder. If the beanbag lands in the first box, the student should sprint to the end cone and cheer on their teammates.
- The next student picks up a beanbag and tries to toss it into the second box of the ladder. If the beanbag lands in the second box, the student should sprint to the end cone and cheer on their teammates.
- If students have not made it to the cheering side and all boxes have been filled, the next student starts again with box one. In this case, there may be more than one beanbag in each box.
- If a student misses or their beanbag lands in the wrong box, the student must collect their beanbag, complete ten seconds of air jump rope, then get in the back of the line to try again.
- The first team to have all their students on the cheering side wins.

Relay tip: 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.

DIAGRAM



GAME, K-2nd (10 min.)

Moving Day

Setup & Instructions

Divide students into two equal teams and have each team sit in a line. On one end of each line, place a hula hoop on the ground. Divide the short and tall cones, beanbags, and foam balls among the two teams and place them at the other end of each line on the ground. Each team should be sitting between a hula hoop and equipment items.

Goal of the game: work as a team to pass items from one end to the other in the fastest time.

- When the Coach gives the signal 'go,' using only their feet, students must pass items from their pile down their team's line to the student next to the hula hoop.
- When an item gets all the way down the line and is put in the hoop without being touched by someone's hand or being dropped on the ground, that item is safe and out of play.
- If an item is dropped or someone touches it with their hands, that item must go all the way back to the pile. Students can use their hands to pass the item back to the beginning.
- The first team to move all their items from the pile to the hoop wins.

Game tips: 1) For a larger class divide student into more than two teams 2) Coach should help space students so they do not kick each other when passing items.

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

Chaos Tag

Setup & Instructions

Create a 30ft. x 30ft. playing field, using short cones; can be larger if space allows, or use a basketball court if accessible.

Goal of the game: avoid getting tagged.

- In this tag game everyone is 'it'.
- If students get tagged, they must take a seat on the ground and may not get up until the student who tagged them gets tagged and sits. For example, if Student A tags Student B, Student B is sitting on the ground and watching to see when Student A gets tagged. Once Student A gets tagged, Student A sits down, and Student B gets up.
- Play for time.

Game variation: If the game has stalled, the coach may call out 'jailbreak'. This means everyone is free and the game resets.

MINDFULNESS (5 min.)

Mantra

Setup and Instructions

Instruct students to sit quietly on a yoga mat or on the ground.

- Use a Bluetooth speaker to play the audio for the Mantra Mindfulness Activity, link: <https://vimeo.com/549529553/8b9abd8a48>.
- After the activity, if students are comfortable sharing, have them create their own mantra, "I am _____", and share with 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
Spinal Twist	Tricep Stretch