

## 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 Battle Rope</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 2 Speed Chutes</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Tall Cones</li> <li>• 2 SandBells</li> <li>• 1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 36 Short Cones</li> <li>• 24 Poly Spots</li> <li>• 2 Hula Hoops</li> <li>• 2 Sandbells</li> <li>• 1 Measuring Tape</li> <li>• Flag Belts (per student, two colors)</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="#">High Kicks</a>	<a href="#">Knee Hugs</a>	<a href="#">Butt Kickers</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 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
<a href="#">Back Lunges with SandBell</a>	<a href="#">Squat Jumps</a>	<a href="#">Single Leg Toe Touch</a>	<a href="#">Duck Walk</a>

## RELAY RACE (10 min.)

### Speed Chute 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. The first student from each team should strap a speed chute around their waist.

- When the Coach gives the signal 'go', the first student from each team runs to the end cone and back as fast as possible.
- Once back at the start cone, the first student takes the speed chute off and hands it to the next student in line.
- Each student should complete the relay twice. The first team to finish wins.

**Relay tip:** For younger student, shorten the distance between the start and end cone, and for older student, lengthen the distance between the start and end cone.

#### DIAGRAM



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

### Over and Under

#### Setup and Instructions

Use tall cones to set up a start and end cone 20 ft. apart and place a sandbell at each start cone. Use a six-pound sandbell for younger students and a ten-pound sandbell for older students. Divide students into two equal teams and have each team line up behind a start cone.

Goal of the game: work as a team to pass the sandbell down the line.

- When the Coach gives the signal 'go,' the first student in each line starts by passing the sandbell over their head or between their legs to the student behind them.
- The next student passes the sandbell opposite of how they received it; if a student receives a sandbell overhead, they must pass it between their legs and if they receive it between a student's legs, they must pass it over their head.
- Students continue passing the sandbell over or under until it reaches the end of the line, at which time the last student runs with the sandbell to the front of the line and starts again.

- The first team to have all students pass the end cone wins.

**Game tip:** For a large class divide students into more than two teams.

**Game variations:** 1) Add an extra sandbell to each line. 2) Have students go down and back to the start cone.

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

### Capture the Sandbell

#### Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones and use poly spots to create a midline. Use a basketball court if accessible. Place a hula hoop on opposite ends of the playing field and place a sandbell in each hoop. Use a six-pound sandbell for younger students and a ten-pound sandbell for older students. Divide students into two teams, have each team wear a different color flag belt, and place each team near a hoop.

Goal of the game: work as a team to capture and protect sandbells.

- When the Coach gives the signal 'go,' students on the same team must try to capture the opposing team's sandbell while also trying to keep the opposing team from capturing their sandbell.
- Once a sandbell is captured, a team must work together to get the sandbell to their hula hoop without their flag being pulled.
- If a student's flag is pulled, they must step outside of the playing field and complete mountain climbers for twenty seconds before putting their flag belt back on and rejoining the game. If a student's flag is pulled and they are holding the sandbell, they must return the sandbell to the opposing team's hoop before stepping outside of the playing field and completing their mountain climbers.
- Students may pass the sandbell to their teammates to help get it into their hoop.
- The first team to successfully capture the opposing team's sandbell wins.

**Game variation:** Add multiple sandbells to each team's hoop.

---

## MINDFULNESS (5 min.)

### Mindful Visualization

#### 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 Visualization Mindfulness Activity, link: <https://vimeo.com/549540566/9b9bc38507>.
- After the activity, if students are comfortable sharing, have them describe their favorite place to the class or a partner. You can prompt them by asking the following questions:
  - What can they hear, see, and smell?
  - How do they feel being at their favorite place?

## 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="#">Malasan (Yogi Squat)</a>	<a href="#">Flamingo Stretch</a>