

EQUIPMENT LIST

Warmups	Fitness Stations	Obstacle Course	Game: K-8 th
<ul style="list-style-type: none"> 2 Battle Ropes 	<ul style="list-style-type: none"> 4 Kettle Bells 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Beanbags 20 Poly Spots 4 Tall Cones 3 Hula Hoops 2 Agility Ladders 2 SandBells 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Short Cones 24 Poly Spots 6 Tall Cones 1 Measuring Tape 1 Soccer Ball Pinnies (half the students)

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	Side Bends	High Kicks	Running Arms

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 forty-five 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
Kickouts	Mountain Climbers	Seated Heel Drops	Side Bends with Kettle Bell

OBSTACLE COURSE (10 min.)

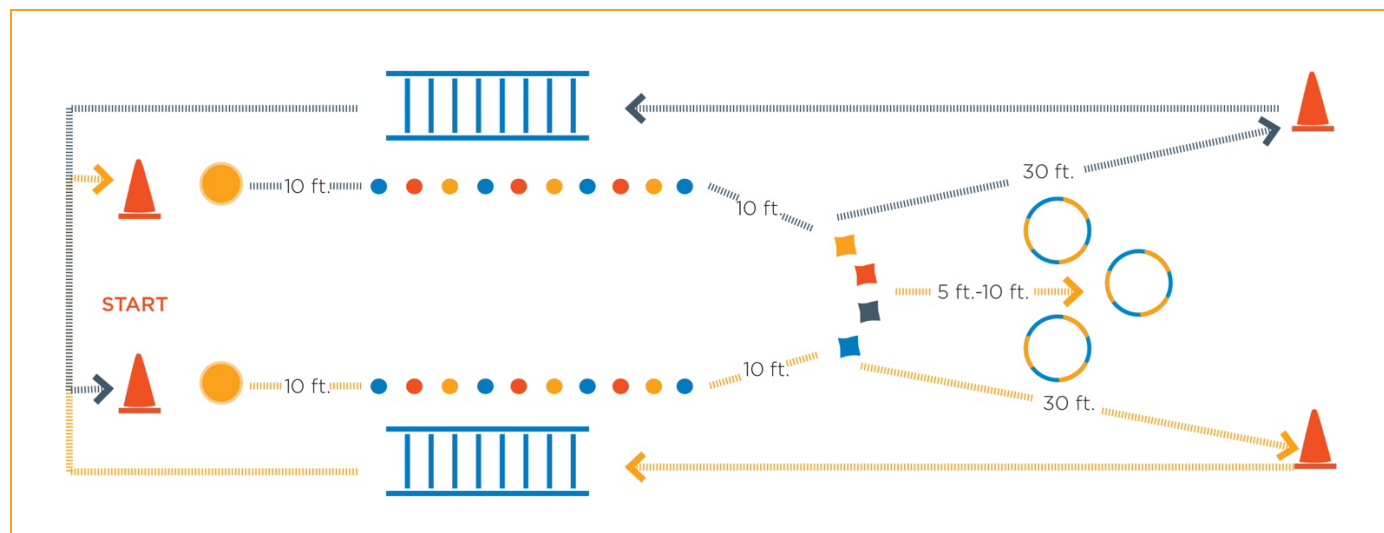
Setup and Instructions

Set up obstacle course as shown in the diagram below. Divide students into two groups and place each group in a line behind a start cone.

- To start, students pick up a sandbell and performs ten squats.
- Once the squats are completed, students sprint to the poly spots and, facing the agility ladder, get into push-up position. In push-up position, students place both of their hands on the first spot then travel down the spots, transferring both of their hands from one spot to the next. Once a student reaches the last spot, the next student in line may start.
- After travelling down the spots, students run to the beanbags and try to toss a beanbag into one of the hoops. If students miss, they should complete five jumping jacks then collect their beanbag before trying again.
- Once students successfully toss a beanbag into a hoop, they sprint down and around the tall cone before sprinting to the agility ladder and sideways hopping through the ladder.
- After hopping through the ladder, students jog back to the start cones in the opposite line they started.
- Students should complete the course twice, putting them back in the original line they started.

Course tips: 1) For younger students, shorten the distance between the beanbags and hula hoops. 2) Use six-pound sandbells for younger students, and ten-pound sandbells for older students.

DIAGRAM



GAME, K-8th (10 min.)

Four Goal Soccer

Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones. Use poly spots to create a midline and use tall cones to create two goals on each half of the field. Use a soccer field if accessible. Divide students into two teams and give one team pinnies to wear. Place each team at opposite ends of the field and choose one student to be goalie from each team.

Goal of the game: work as a team to score goals and keep the opposing team from scoring.

- This game has soccer rules.
- Students may score in either of the two goals on the opposing side.
- Each goal is worth one point. The first team to five wins.

Game variations: 1) Use multiple soccer balls. 2) Choose two goalies from each team instead of one.

MINDFULNESS (5 min.)

Discovering Joy

Setup and Instructions

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

- Ask students to think of one thing that brings them joy and hold it in their mind. Ask them to think of why the person, place, or thing brings them joy.
- After the activity, if students are comfortable sharing, have them share what brings them joy and why.

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
Butterfly Pose	Toe Touch Twist