

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 SandBells 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 14 Poly Spots 7 Tall Cones 4 Hurdles 2 Kettle Bells 	<ul style="list-style-type: none"> 2 Short Cones 1 Agility Ladder 1 Measuring Tape 1 Playground Ball 	<ul style="list-style-type: none"> 36 Short Cones 18 Foam Balls 1 Measuring Tape

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	Toe Touch	Spider Lunges	Heel Scoops

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
Bicycle with SandBell or Standup Bicycle with SandBell	Crab Toe Touch	Seated Flutter Kicks	Tic Tocks

OBSTACLE COURSE (10 min.)

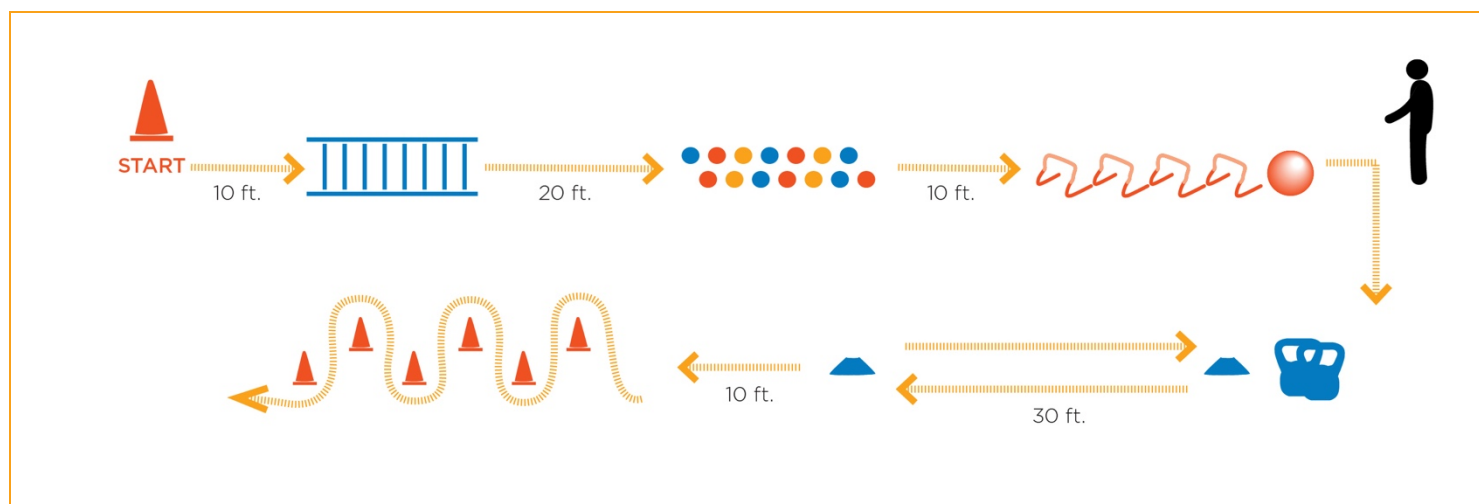
Setup and Instructions

Set up obstacle course as shown in the diagram below. Place all students in a line behind the start cone.

- To start, students sprint to the agility ladder and perform an in, out, in, out ladder drill for the full length of the ladder. Once a student completes the ladder drill, the next student in line may start.
- After completing the ladder drill, students sprint to the poly spots and perform one leg hops on each spot. Following the zig-zag pattern, students should use the same leg for the entire length of the spots.
- Once students complete the leg hops, they sprint to the hurdles and jump over each hurdle, landing both feet on the ground before jumping again. While students jump over the last hurdle, the coach tosses a playground ball that students must catch while jumping over the last hurdle. Students should throw the ball back to the coach before sprinting to the short cones.
- At the short cones, students perform a farmer's carry with kettle bells. A farmer's carry involves holding a kettle bell in each hand and walking from the first short cone to the second and back.
- Once students complete the farmer's carry, they sprint to the first tall cone and zigzag through the cones before sprinting back to the start cone.
- Students should complete the course twice.

Course tips: 1) For younger students, the coach can move closer before gently tossing the ball and for older students, stand further away. 2) To make the ball toss more difficult, the coach can throw a beanbag.

DIAGRAM



GAME, K-8th (10 min.)

Frogger

Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones or use a basketball court if accessible. Divide students into three groups: one group of 'frogs' and two groups of 'throwers'. Place the throwers on opposite sides of the long end of the field and give each thrower a foam ball. Place the frogs on the short end of the field facing the opposite short end of the field.

Goal of the game: frogs must get from one end of the field to another without getting tagged and for throwers to tag frogs out.

- When the Coach gives the signal 'go,' the frogs begin frog jumping from one end of the field to the other, trying not to get hit with a foam ball along the way. If a frog is hit, they must run to the sideline, complete five push-ups, then sit and wait for the round to be over.
- Once all the frogs are out, switch groups so that each group gets to be the frogs.

Game variation: To make the game more difficult, use beanbags instead of foam balls.

MINDFULNESS (5 min.)

Gratitude Reflection

Setup and Instructions

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

- In silence, have students think of five things they are grateful for such as family, friends, pets, health, education, music, technology, food, weekends, seasons, etc.
- After the activity, if students are comfortable, have them 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
Seated Spinal Twist	Standing Side Reach