

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"> • 4 Tall Cones • 2 Speed Chutes • 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 before completing one lap around a designated area. All student in a group should hold the rope the same way.
- Once the lap is complete, divide student into four lines, standing arm's length apart. Lead the student 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	High Kicks	Knee Hugs	Butt Kickers

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 student 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, student 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
Back Lunges with SandBell	Squat Jumps	Single Leg Toe Touch	Duck Walk

RELAY RACE (10 min.)

Speed Chute Relay

Setup and Instructions

Set up relay race as shown in the diagram below. Divide student 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-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.

Fitness Focus: LOWER BODY

- 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.)

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
Malasan (Yogi Squat)	Flamingo Stretch