

EQUIPMENT LIST

| Warmups | Fitness Stations | Obstacle Course | Game, K-8 th | Mindfulness |
|--|---|---|--|---|
| <ul style="list-style-type: none"> 2 Battle Ropes | <ul style="list-style-type: none"> 4 Tall Cones 2 Agility Ladders 1 Measuring Tape | <ul style="list-style-type: none"> 12 Tall Cones 6 Hula Hoops 3 Short Cones 2 Soccer Balls 2 Agility Ladders 1 Measuring Tape | <ul style="list-style-type: none"> 36 Short Cones 18 Foam Balls 1 Playground Ball | <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 students in a group should hold the rope the same way. 1 Battle Rope with Battle Rope
- 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 | Ice Skaters | Single Leg Balance | Inch Worms |

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 |
|----------------------------|--|---------------------------------|--------------------------|
| Hoop Jumps | In, Out, In, Out with Agility Ladder | Speed Hand Walk | Leg Hops |

OBSTACLE COURSE (10 min.)

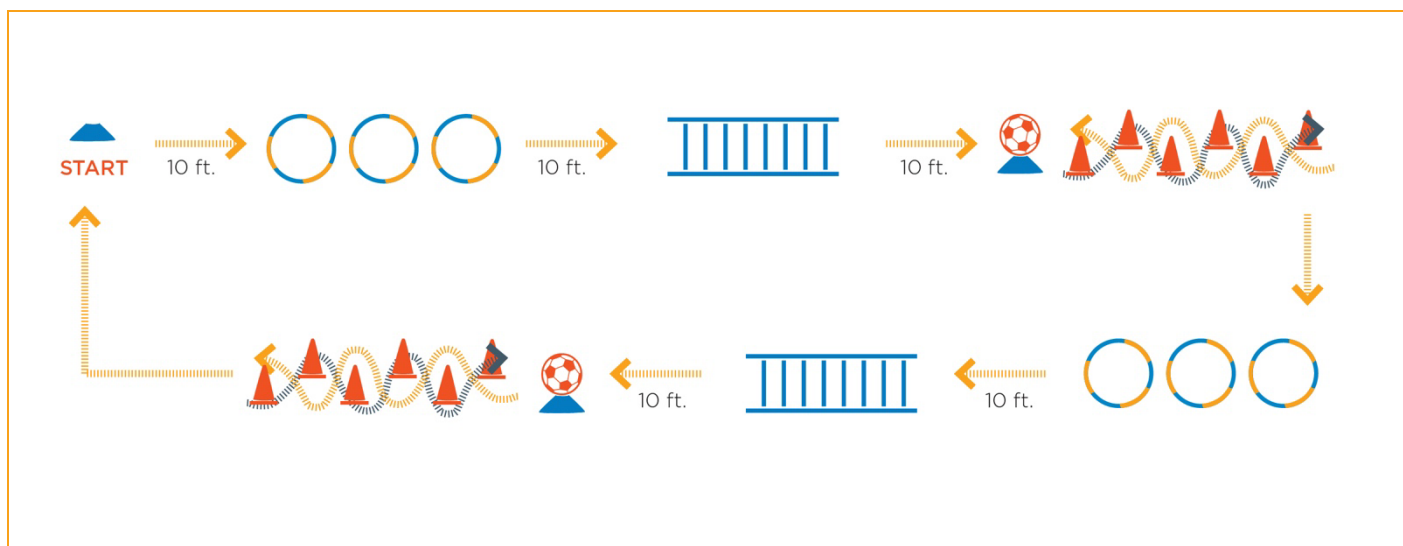
Setup and Instructions

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

- To start, students skip to the hula hoops and performs air drumming for ten seconds inside the first hoop, high knees for ten seconds inside the second hoop, and air punches for ten seconds inside the third hoop. Once a student reaches the last hoop, the next student in line may start.

- Once students complete the last hoop, they skip to the agility ladder and perform a hand walk for the entire length of the ladder. To perform a hand walk, students get into push-up position on the side of the ladder, place both of their hands in the first box, then travel down the ladder, transferring both of their hands from one box to the next.
- After students complete the hand walk, they skip to the tall cones to perform a Figure 8 soccer ball drill through the tall cones and back, placing the ball back on the short cone.
- Students then skip to the second set of hoops and repeat the same sequence of movement and activity before returning to the start cone.
- Students should complete the course twice.

DIAGRAM



GAME, K-8th (10 min.)

Powerball

Setup and Instructions

Use short cones to create a large circle. Divide students into two teams and have one team stand outside one half of the circle and the other team stand outside the other half of the circle. Give each team an equal number of foam balls and place one playground ball in the middle of the circle.

Goal of the game: work as a team to knock the playground ball out of the opposing team's side.

- When the Coach gives the signal 'go,' teams throw or roll the foam balls at the playground ball and try to push it out of the opposing team's half of the circle.
- If a team gets the playground ball out, they earn a point, and the other team must complete ten seal jacks before starting another round.
- The first team to earn ten points wins.

Game tip: Make the circle smaller or larger depending on the age and skill of the students.

Game variation: To make it more difficult, place multiple playground balls in the middle of the circle or have students throw beanbags instead of foam balls.

MINDFULNESS (5 min.)

Still and Quiet

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 Still and Quiet Mindfulness Activity, link: <https://vimeo.com/549540765/ab896bde53>.
- After the activity, if students are comfortable sharing, have them describe how they are feeling to 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 |
|-------------------------------------|-----------------------------------|
| Downward Facing Dog | Crossed Toe Touch |