FIT KIDS®

Fitness Focus: AGILITY

EQUIPMENT LIST

Warmups	Fitness Stations	Obstacle Course		Game, K-8th
• 2 Battle Ropes	• 4 Tall Cones • 1 Measuring Tape	• 10 Poly Spots • 7 Tall Cones • 4 Hurdles • 2 Agility Ladders	• 2 Short Cones • 1 Foam Ball • 1 Measuring Tape • 1 Soccer Ball	• 36 Short Cones • 24 Poly Spots • 1 Measuring Tape • 1 Timer

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	Skip Forward/Backward	High Knees	Toe Walk

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
Speed Mountain Climbers	Bound	Skiers	Twists

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 star, students skip to the first hurdle and jumps sideways over each hurdle, landing both feet on the ground before jumping again. Once a student jumps over the last hurdle, the next student in line may start.

- After the last hurdle, students bear crawl to the agility ladder and perform a ladder drill by running the length of the entire ladder with alternating feet landing in the center of each box.
- Once students complete the ladder drill, they crab walk to the first cone and perform five push-ups before sprinting to the poly spots.
- At the poly spots, students one leg hops to each spot, alternating legs each time.
- Once students reach the last spot, they sprint to the soccer ball and perform a Figure 8 soccer ball drill through the tall cones and back, placing the ball back on the short cone.
- To finish, students perform another ladder drill. At the last box, the coach throws the foam ball at the student who must catch it and throw it back before sprinting back to the start cone.
- Students should complete the course twice.

Course tip: To make catching easier, use a playground ball, and to make catching more difficult, use a beanbag.

DIAGRAM
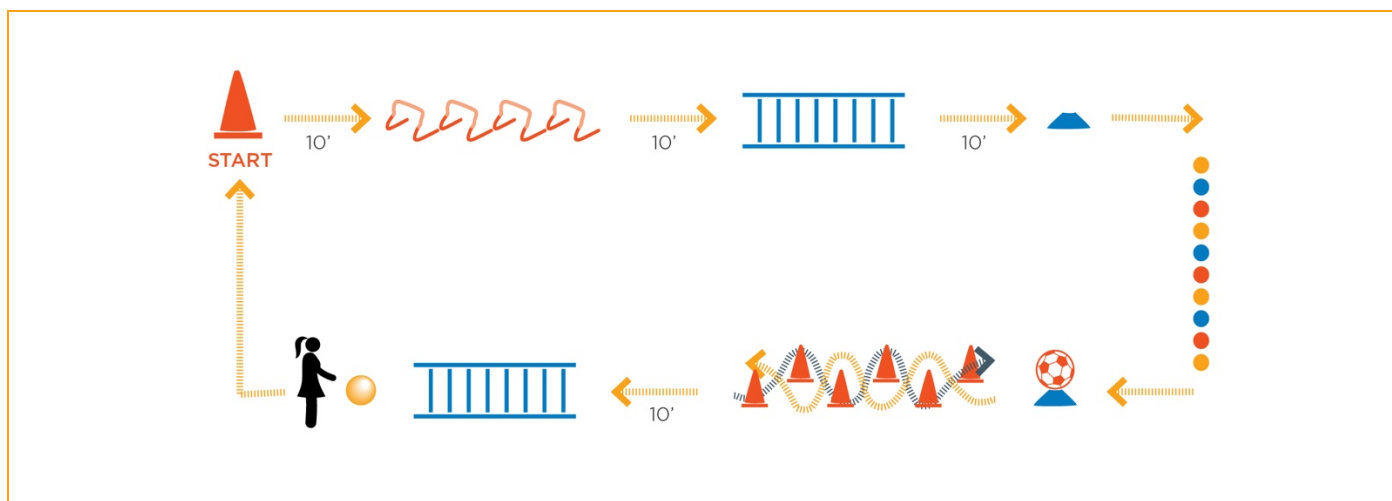
GAME, K-8th (10 min.)

Volcanoes and Ice Cream Cones

Setup and Instructions
Create a 30 ft. by 30 ft. playing field using poly spots; can be larger if space allows. Scatter the short cones in the playing field by placing half of the cones upright 'volcanoes' and the remaining half upside down 'ice cream cones'. Divide the class into two teams; one team is volcanoes while the other team is ice cream cones.

Goal of the game: students must help their team turn cones in their designated position.

- When the Coach gives the signal 'go,' students run through the playing field and turn over as many cones as possible. Volcanoes try to turn over the ice cream cones, turning them into volcanoes and ice cream cones try to turn over the volcanoes, turning them into ice cream cones. The Coach should begin a 30-second timer immediately after calling out 'go'.

- When the timer reaches 30 seconds, the coach says 'freeze' and all students must stop and put their hands on their head. The team with the most cones in the correct position wins. If there are more volcanoes, the volcano team wins. If there are more ice cream cones, the ice cream team wins.
- If a team does not win the round, they must complete butt kickers for 20 seconds before starting a new round and the winning team earns a point.
- The first team to earn five points wins.

Game tips: 1) Students are not allowed to block other students from getting to a cone. 2) Students may only turn one cone at a time. 3) Place cones closer together for younger students and further apart for older students.

Game variations: 1) Have teams switch, volcano team becomes ice cream and ice cream team becomes volcanoes. 2) Increase or decrease the time for each round.

MINDFULNESS (5 min.)

Self-Embrace

Setup and Instructions

Place students in a large circle and have them stand with their feet hip width apart and their hands stretched out in front of them.

- With their eyes closed, instruct students to wrap their arms around their heart and chest giving themself a big and tight hug.
- On a deep inhale, have students say silently or out loud "I" and on an exhale say, "am loved." Have students repeat four times.
- After the activity, if students are comfortable, have them share their thoughts, feelings, or emotions when they hug themself 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	Cooldown 3
Lizard Pose	Pigeon Pose	Toe Touch Twist