

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 SandBell 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 4 Hurdles 3 Tall Cones 2 Agility Ladders 	<ul style="list-style-type: none"> 1 Ankle Band 1 Measuring Tape 1 SandBell 	<ul style="list-style-type: none"> 2 Parachutes

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

OBSTACLE COURSE (10 min.)

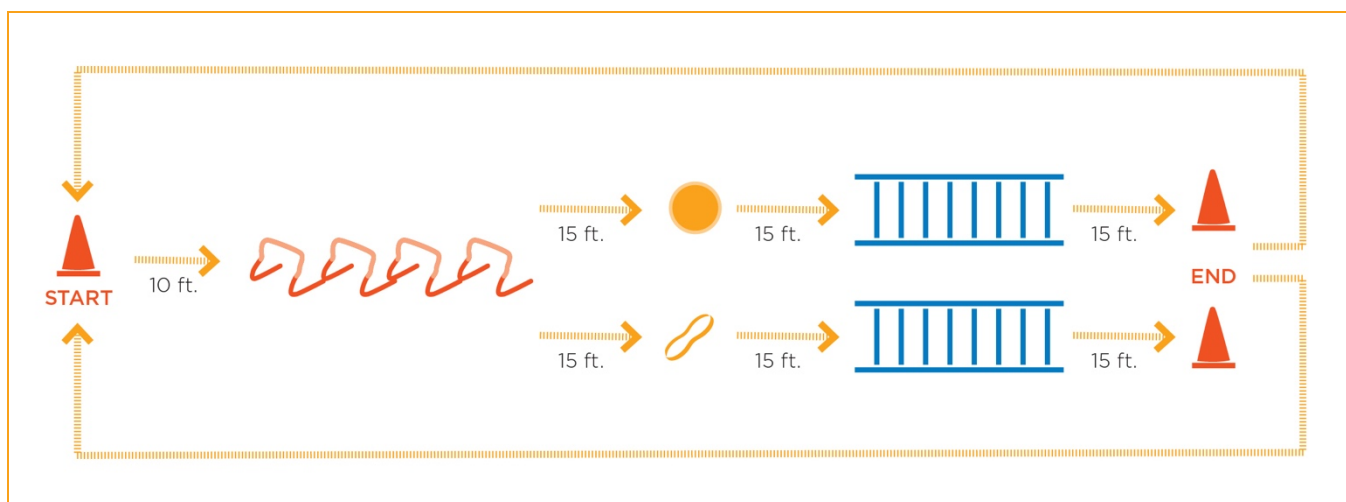
Setup and Instructions

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 hurdles and jump 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 jumping over the last hurdle, students may choose to sprint to the sandbell and perform five sandbell slams or sprint to the ankle band and perform five ankle band bicep curls on each arm. To perform a sandbell slam, raise the sandbell overhead and slam it to the ground.
- Once students complete the sandbell slams, they sprint to the agility ladder and perform one leg hops using their left leg. Once students complete their bicep curls, they sprint to the agility ladder and perform one leg hops using their right leg.
- Following the ladder drill, students sprint through the end cones then jog back to the start cone.
- Students should complete the course twice, making sure to complete both the sandbell slams and ankle band bicep curls.

Course tip: Use a six-pound sandbell for younger students, and a ten-pound sandbell for older students.

DIAGRAM



GAME, K-8th (10 min.)

Parachute Run

Setup and Instructions

Divide students into two teams and give each team a parachute. Assign a number to each student on each team.

- When the Coach calls out a number, the student with the number from each team runs around the outside of the parachute and back to their spot before the student on the opposing team. The student to return to their spot first earns a point for their team.
- Repeat, calling different numbers. The first team to earn ten points wins.

Game variations: 1) Call out more than one number at a time. 2) Instead of numbers, assign different categories such as names of animals, musicians, or food.

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