

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 2 Kettle Bells 2 SandBells 2 Short Cones 1 Agility Ladder 1 Measuring Tape 	<ul style="list-style-type: none"> 18 Foam Balls 18 Short Cones

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

OBSTACLE COURSE (10 min.)

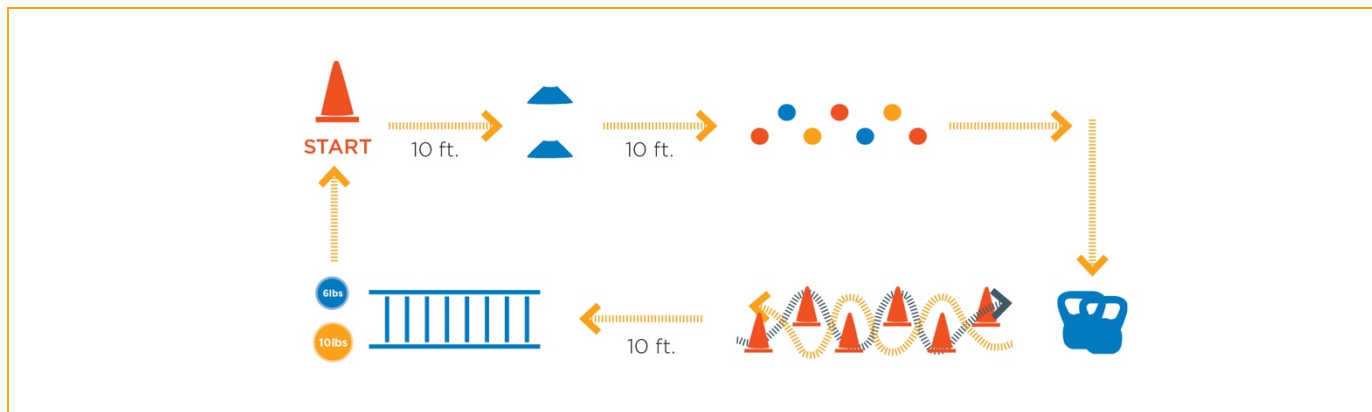
Setup and Instructions

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 short cones to perform ten squat jumps.
- After the jump squats, students sprint to the poly spots and perform one leg hops. Following the zig-zag pattern, students should hop on the same leg the entire length of the spots. Once a student completes the squat jumps, the next student in line may start.
- Once students complete the leg hops, they sprint to the kettle bells to complete a Figure 8 farmers carry. A farmers carry involves holding a kettle bell in each hand and walking through the cones in the shape of an 8.
- After completing the farmers carry, students sprint to the agility ladder and hop, using both feet, from one box to the next.
- To finish, students pick up the sandbell and perform five sandbell slams before sprinting back to the start. To perform a sandbell slam, raise the sandbell overhead and slam it to the ground.
- Students should complete the course twice.

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

DIAGRAM



GAME, K-8th (10 min.)

Head, Shoulders, Knees, Toes, Ball!

Setup and Instructions

Place short cones in a row, two feet apart from each other and place a foam ball on top of each cone. Divide students into pairs and place a pair at each cone facing each other. The cone and foam ball should be in between the pair.

Goal of the game: grab the foam ball on command before your opponent.

- When the Coach calls out "head," "shoulders," "knees," or "toes," students respond by touching the corresponding body part. It does not matter which order the body parts are called out.

- When the Coach calls out "ball," students try to quickly grab the foam ball before their opponent.
- The first student in the pair to earn five points wins.
- Play multiple games and change partners each game.

Game variation: 1) Divide students into groups of three or four. 2) Play a knockout game which involves each winner from each round playing other winners until one student remains.

MINDFULNESS (5 min.)

Mindful Bubbles

Setup and Instructions

Instruct students to sit quietly on a yoga mat or on the ground.

- Ask students to imagine they are a bubble. As they breathe in, they should focus on their body being filled with air. As they breathe out, they should feel their body relaxing, letting their worries float away.
- 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
Seated Spinal Twist	Standing Side Reach