

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 Kettle Bells 4 SandBells 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Beanbags 20 Poly Spots 5 Hula Hoops 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 1 Dodgeball 	<ul style="list-style-type: none"> 36 Beanbags 9 Hula Hoops 4 Hurdles 2 Agility Ladders 2 Sandbells 2 Short Cones 2 Tall 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 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	Quad Stretch	Toe Walk	Heel 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
Squat Hold with Kettle Bell	Single Leg Balance with SandBell	Side Lunges	Calf Raises

RELAY RACE (10 min.)

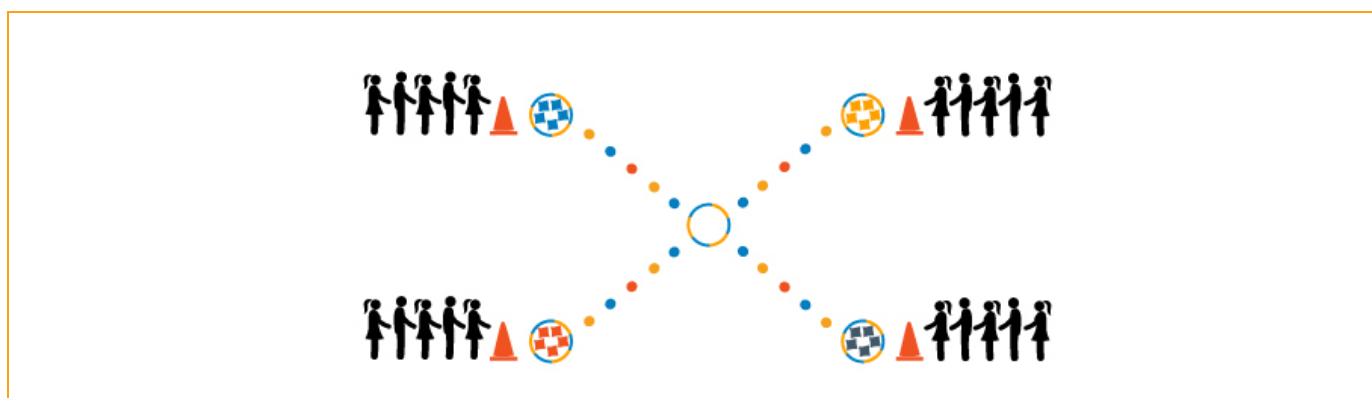
Rock, Paper, Scissors Showdown

Setup and Instructions

Set up the relay race as shown in the diagram below. Divide students into four equal teams and place each team at a cone. Assign each team a specific color for their beanbags and distribute an equal number of these designated colored beanbags into each team's hula hoop.

- To start, the first student from each team picks up a beanbag from their hoop then hops with two feet to the center hoop. The first two students to reach the center play Rock, Paper, Scissors. The student that loses gives the winner their beanbag then hops back to their team's cone and completes five push-ups before getting back in line. The winner hops back to their team's cone and places the winning beanbag in their team's hoop then hands their teams designated color beanbag to the next student.
- After the first two students play Rock, Papers, Scissors, the next two students in the center play. The student that loses gives the winner their beanbag then hops back to their team's cone and completes five push-ups before getting back in line. The winner hops back to their team's cone and places the winning beanbag in their team's hoop then hands their teams designated color beanbag to the next student.
- If a student reaches the center and there is no opponent, the student must wait until another student reaches the center.
- To win the showdown, the first team to have five beanbag colors from opposing teams wins.

DIAGRAM



GAME, K-2nd (10 min.)

Catch

Setup and Instructions:

Place all students in a circle with space between them to catch and throw a ball.

Goal of the game: stay on the line and not get tagged.

- Before the game begins, the coach should select a subject such as things a person takes to the beach, names of children's movies, names of animals on a farm, and types of fruits or vegetables.

Fitness Focus: LOWER BODY

- When the coach is ready, they throw the ball to any student in the circle. The student receiving the ball must call out something related to the chosen subject before attempting to catch the ball.
- If a student gives an incorrect answer before catching the ball, they must throw the ball back to the coach, complete ten seal jacks, then are eliminated from the game.
- The last student standing in the circle wins. Play multiple rounds if time allows.

Game tips: 1) To make catching easier for younger students move closer to the students before throwing the ball or use a playground ball. To make catching more difficult, move further away from students before throwing the ball or use a beanbag.

GAME, 3rd-8th (10 min.)

Tic Tac Toe

Setup and Instructions:

See diagram for setup. Divide students into two teams and place each team at a start cone.

Goal of the game: be the first team to get three beanbags in a row.

- To start, the Coach throws a foam ball to any student in the circle. The student receiving the ball must call out something related to the chosen subject before attempting to catch the ball.
- After completing the ladder drill, students sprint to the hurdles and jump, with both feet, over each hurdle, before sprinting to the sandbells.
- Once at the sandbell, students complete five squats while holding the sandbell straight out in front of them.
- When students complete the last squat, they place the sandbell back on the floor then toss their beanbag into one of the hula hoops. If a student's beanbag makes it into the hoop, they sprint back to the start cone. If they miss, they must pick up their beanbag then sprint back to the start cone.
- Each student takes a turn until one team gets three beanbags in a row (vertical, horizontal, or diagonal).

Game variation: use different fitness equipment items to change up the obstacle course for students to run through before reaching the tic-tac-toe grid.

DIAGRAM



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
Wide-Leg Forward Fold	Toe Touch