

## EQUIPMENT LIST

Warmups	Fitness Stations	Obstacle Course	Game, K-8 <sup>th</sup>
<ul style="list-style-type: none"> <li>2 Battle Ropes</li> </ul>	<ul style="list-style-type: none"> <li>4 Tall Cones</li> <li>2 Agility Ladders</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>16 Poly Spots</li> <li>4 Tall Cones</li> <li>3 Hula Hoops</li> <li>1 Agility Ladder</li> <li>1 Kettle Bell</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>18 Foam Balls</li> <li>18 Short Cones</li> </ul>

## 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	<a href="#">Ice Skaters</a>	<a href="#">Single Leg Balance</a>	<a href="#">Inch Worms</a>

## 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 one minute. 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
<a href="#">Hoop Jumps</a>	<a href="#">In, Out, In, Out with Agility Ladder</a>	<a href="#">Speed Hand Walk</a>	<a href="#">Leg Hops</a>

## OBSTACLE COURSE (10 min.)

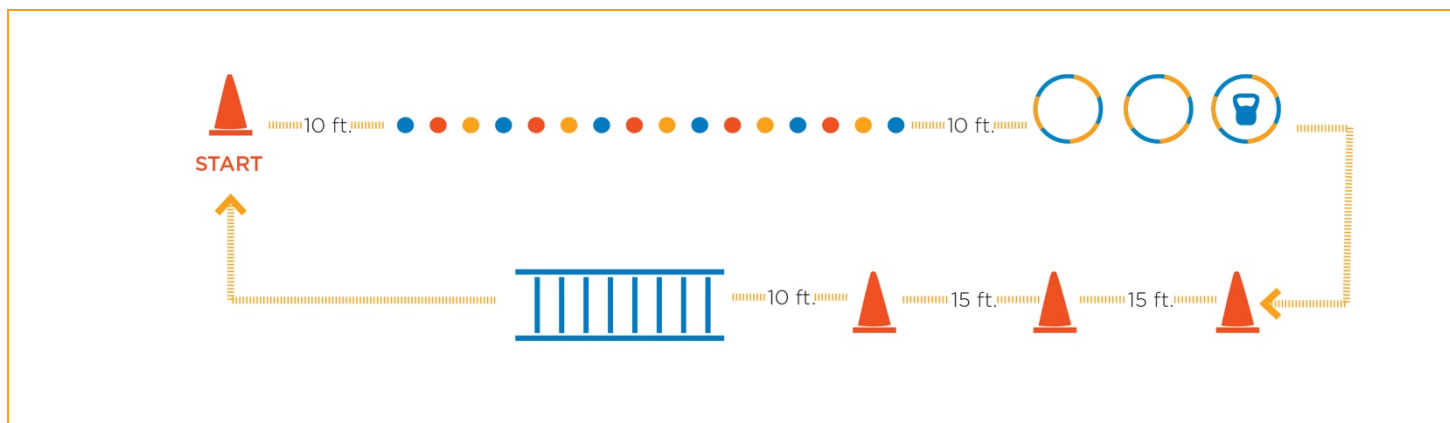
- To start, students run to the first poly spot and using both feet, frog hop onto each spot. Once a student reaches the last spot, the next student in line may start.

- Once students complete their frog hops, they sprint to the first hula hoop and perform ten seconds of air jump rope, ten seconds of mountain climbers in the second hoop, and a ten-second squat hold with a kettle bell in the third hoop.
- After completing the squat hold, students sprint to the first tall cone, crab walk to the second cone, and bear crawl to the third cone.
- From the third cone, students sprint to the agility ladder and perform an in, out, in, out ladder drill, then run back to the start cone.
- Students should complete the course twice.

**Course tips:** 1) For a large class, set up two courses with an equal number of poly spots for each course. 2) Use a five-pound kettle bell for younger students and a ten-pound kettle bell for older students.

**Course variations:** 1) Have students guess how many times the whole group can run through the course in a designated amount of time then test their guess. 2) Have students guess how long it will take the whole group to run through the course. If time allows, have the group attempt to beat their time.

#### DIAGRAM



#### GAME, K-8<sup>th</sup> (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.

## Fitness Focus: AGILITY

- 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

## MINDFULNESS (5 min.)

### Color Breathing

#### Setup and Instructions

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

- Ask your students to think of a relaxing color and another color that represents anger, frustration, or sadness. With their eyes closed, ask students to imagine they are breathing in the relaxing color and letting it fill their entire body. On the exhale, ask them to picture the "negative" color leaving their body. Have students repeat their breathing four times.
- After the activity, if students are comfortable, have them share their relaxing color and their negative color 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
<a href="#">Downward Facing Dog</a>	<a href="#">Crossed Toe Touch</a>