

## EQUIPMENT LIST

Warmups	Fitness Stations	Relay Race	Game, K-2 <sup>nd</sup>	Game, 3 <sup>rd</sup> -8 <sup>th</sup>	Mindfulness
<ul style="list-style-type: none"> <li>2 Battle Ropes</li> </ul>	<ul style="list-style-type: none"> <li>4 SandBells</li> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>4 Tall Cones</li> <li>2 SandBells</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>36 Beanbags</li> <li>36 Short Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>36 Beanbags</li> <li>36 Short Cones</li> <li>4 Hula Hoops</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>1 Bluetooth Speaker</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 while completing a lap around a track or 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="#">Jumping Jacks</a>	<a href="#">Arm Circles</a>	<a href="#">Air Punches</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 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
<a href="#">Hand Walk</a>	<a href="#">Push-ups</a> or <a href="#">Incline Push-ups</a> (requires a step or bench)	<a href="#">Shoulder Taps</a> or <a href="#">Plank High 5's</a> (requires a partner)	<a href="#">Rows with SandBell</a>

## RELAY RACE (10 min.)

### Bear Crawl Relay

#### Setup and Instructions

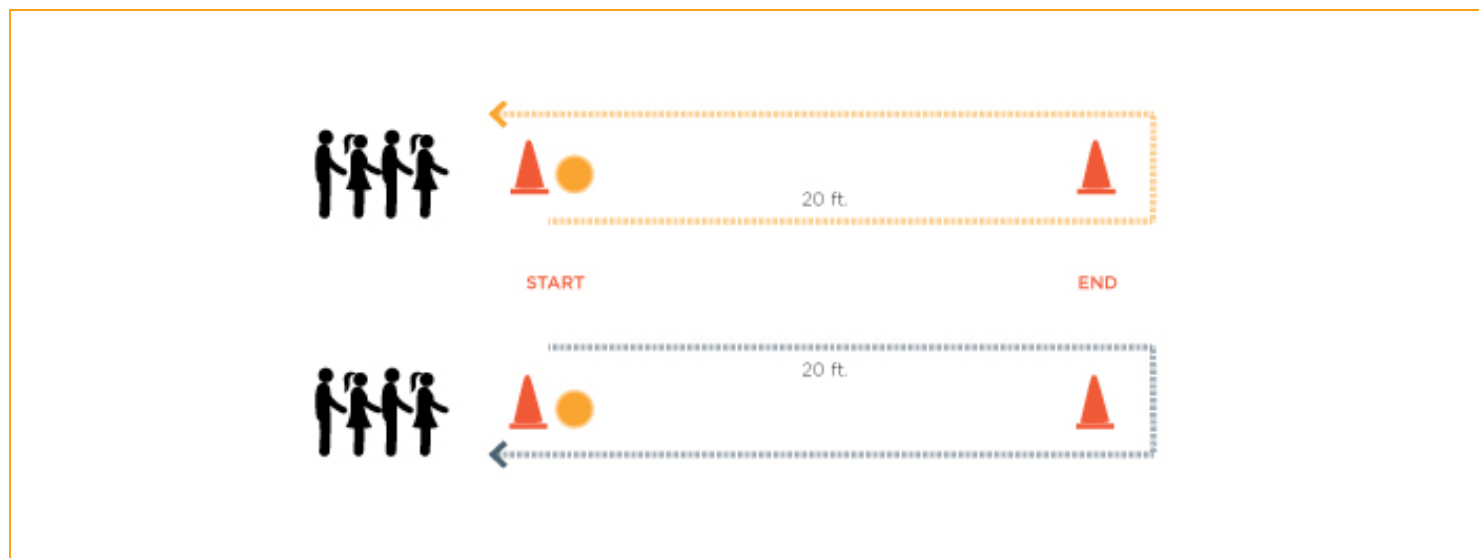
Set up relay race as shown in the diagram below. Divide students into two equal teams and have each team line up behind a start cone.

- When the Coach gives the signal 'go', the first two students from each team bear crawl to the end cone while balancing a sandbell on their back.
- At the end cone, students must bear crawl around the end cone before bear crawling back to the start cone.
- When the student returns to the start cone, they hand the sandbell to the next student.
- Each student should complete the race twice. The first team to finish wins.
- Play for multiple rounds if time allows.

**Relay tips:** 1) For a large class, divide students into more than two teams. 2) For younger students, shorten the distance between the start and end cones, and for older students, lengthen the distance between the start and end cones. 3) Use a six-pound sandbell for younger students, and a ten-pound sandbell for older students.

**Relay variation:** Instead of bear crawling, students can crab walk while balancing the sandbell on their stomach.

#### DIAGRAM



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## GAME, K-2<sup>nd</sup> (10 min.)

### Beanbag Balance Tag

#### Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be larger if space allows. This game could be played inside a classroom. Give each student a beanbag.

Goal of the game: students must keep their beanbag balanced while tagging and helping other students.

- When the Coach gives the signal 'go,' students try to tag each other while balancing a beanbag on their head. Students may not hold the beanbag on their head with their hands.
- If the beanbag falls off a student's head or they are tagged, the student must complete five jumping jacks then they are frozen. When frozen, students drop the beanbag next to them on the ground and wait to be saved.
- To be saved, another student must come by and pick up the frozen student's beanbag while still balancing their own bag. If the student who is doing the saving drops their beanbag, they must complete five jumping jacks and are frozen as well.
- Play for time or until one student remains unfrozen.

**Game variations:** 1) Change how students balance their beanbag: on their shoulder, back of their hand, on their chest, or on the side of their elbow by raising their arm to a 90-degree angle with their palm facing down. 2) Change jumping jacks to seal jacks, squats, push-ups, or ten seconds of high knees.

## GAME, 3<sup>rd</sup>-8<sup>th</sup> (10 min.)

### Treasure Hunters

#### Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be smaller or larger depending on age of students. Place four hula hoops in the corners with an equal number of beanbags in each hoop. Divide students into four teams and have each team start at a hoop.

Goal of the game: teams must steal treasure from other teams and be the team at the end with the most treasure.

- When the Coach gives the signal 'go,' students try to steal treasures (beanbags) from another team's hula hoop and bring it back to their team's hoop. Students may only grab one treasure at a time.
- The team with the most treasures at the end of the two minutes wins the round.
- Play multiple rounds.

**Game variations:** 1) Tagging can be added in this game. When tagged, a student must complete five jumping jacks before sitting down where they were tagged. A student from their team must high five them to get them back in the game. 2) Different color beanbags can be worth points. Do not tell the students which colors are worth extra points until the game ends. The team with the highest points wins.

## MINDFULNESS (5 min.)

### Breathing

#### Setup and Instructions

Instruct students to sit quietly on a yoga mat or on the ground with their eyes closed.

- Use a Bluetooth speaker to play the audio for the Breathing Mindfulness Activity, link: <https://vimeo.com/549529835/f1317fb01e>.
- 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
<a href="#">Bridge Pose</a>	<a href="#">Cross Body Shoulder Stretch</a>