

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"> 36 Beanbags 20 Poly Spots 4 Tall Cones 3 Hula Hoops 2 Agility Ladders 2 SandBells 1 Measuring Tape | <ul style="list-style-type: none"> 18 Dodgeballs |

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

OBSTACLE COURSE (10 min.)

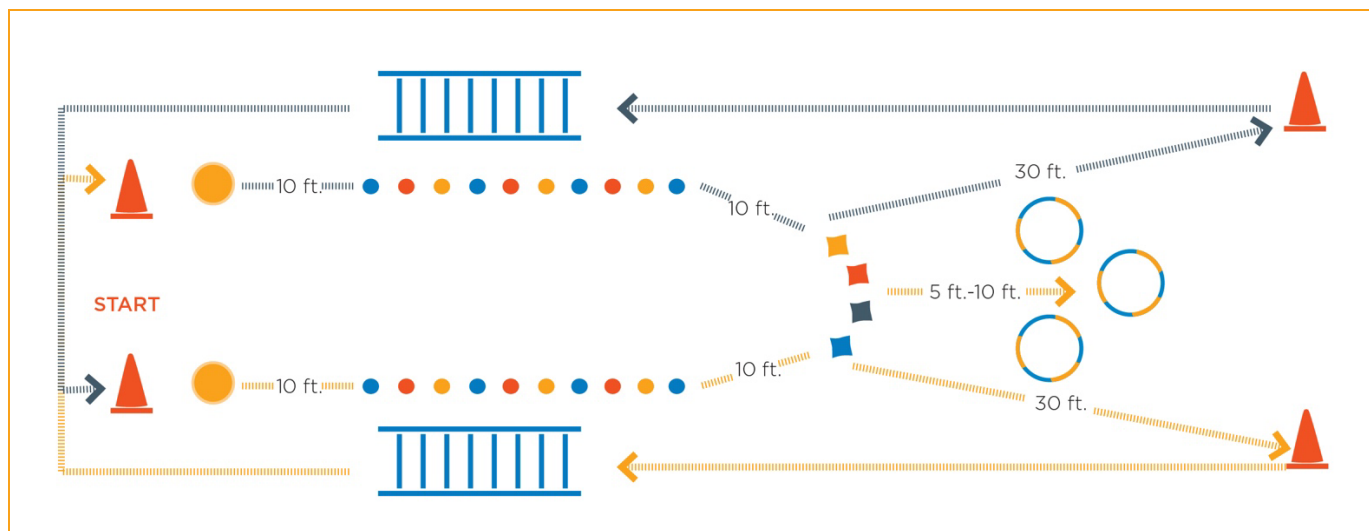
Setup and Instructions

Set up obstacle course as shown in the diagram below. Divide students into two groups and place each group in a line behind a start cone.

- To start, students pick up a sandbell and performs ten squats.
- Once the squats are completed, students sprint to the poly spots and, facing the agility ladder, get into push-up position. In push-up position, students place both of their hands on the first spot then travel down the spots, transferring both of their hands from one spot to the next. Once a student reaches the last spot, the next student in line may start.
- After travelling down the spots, students run to the beanbags and try to toss a beanbag into one of the hoops. If students miss, they should complete five jumping jacks then collect their beanbag before trying again.
- Once students successfully toss a beanbag into a hoop, they sprint down and around the tall cone before sprinting to the agility ladder and sideways hopping through the ladder.
- After hopping through the ladder, students jog back to the start cones in the opposite line they started.
- Students should complete the course twice, putting them back in the original line they started.

Course tips: 1) For younger students, shorten the distance between the beanbags and hula hoops. 2) Use six-pound sandbells for younger students, and ten-pound sandbells for older students.

DIAGRAM



GAME, K-8th (10 min.)

Catch and Step

Setup and Instructions

Form pairs with the students and provide each pair with a foam ball. Students should face their partner and be at an arm's length distance.

Goal of the game: catch balls while taking steps away from your partner.

- When the Coach gives the signal 'go,' students must throw and catch the ball with their partner. If a student catches the ball, they take a step back before throwing it back to their partner. If a student drops the ball, they must do mountain climbers for ten seconds before throwing the ball back to their partner.
- Once a pair is no longer able to catch the ball because of the distance between them, they are out.
- Game is over when one pair remains.
- Play for multiple rounds changing the type of throw each round. Types of throws: underhand, overhand, dominant hand, or non-dominant hand.

Game tip: Have students switch partners before a new game.

Game variations: 1) To make catching more difficult, have students use beanbags. 2) To make the game more fun, use water balloons.

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.