

## 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> </ul>	<ul style="list-style-type: none"> <li>1 Agility Ladder</li> <li>1 Kettle Bell</li> <li>1 Measuring Tape</li> </ul>
			<ul style="list-style-type: none"> <li>36 Short Cones</li> <li>1 Measuring Tape</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="#">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 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="#">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.)

### Setup and Instructions

Set up obstacle course as shown in the diagram below. Place all students in a line behind the start cone.

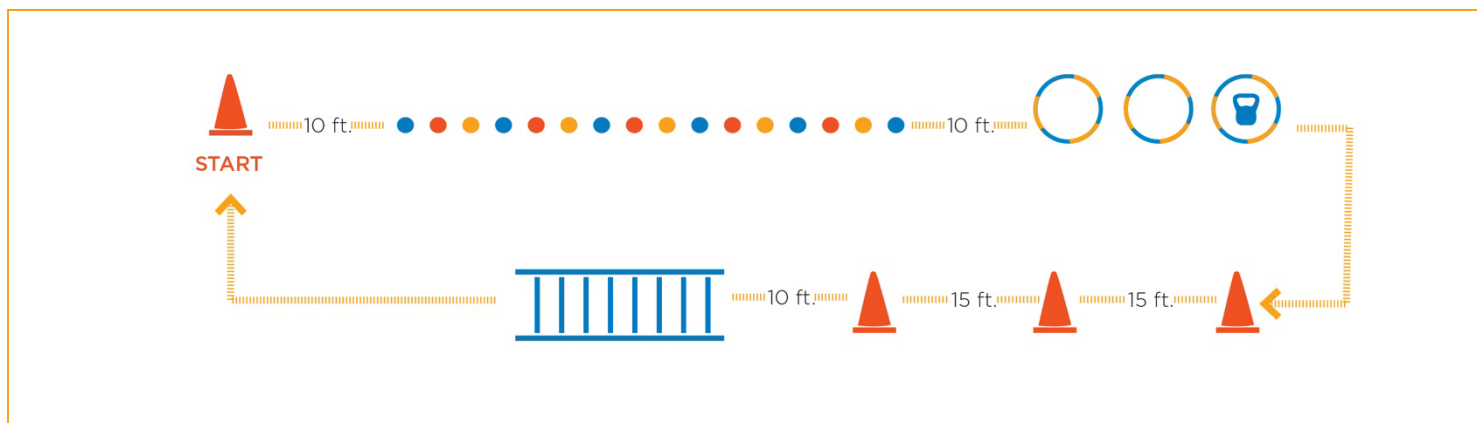
- To start, students run to the first poly spot and using both feet, frog hop onto each spot. Once a student reaches the last spot, the next student in line may start.

- 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.)

##### Last Man Standing

##### Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be larger if space allows. The bigger the playing field, the more fun students will have. Choose one or two students to be 'it'.

Goal of the game: 'It' students work together to tag other students. Remaining students avoid being tagged.

- The students who are 'it' will count to 30 while the rest of the students scatter within the playing field.
- After reaching the count of 30, the two 'it' students will try to tag the other students.
- When a student is tagged, they also become 'it' and must try to tag the remaining students.
- The last one or two students to be tagged are the winners and will start off as 'it' for the next round.
- Play for time.

**Game variation:** The 'it' student(s) must hold hands while trying to tag the other students. As more students are tagged, they must join hands with the other 'it' students. 'It' students may break off into groups of two or more but must remain joined at the hands.

## MINDFULNESS (5 min.)

### Self-Embrace

#### Setup and Instructions

Place students in a large circle and have them stand with their feet hip width apart and their hands stretched out in front of them.

- With their eyes closed, instruct students to wrap their arms around their heart and chest giving themselves a big and tight hug.
- On a deep inhale, have students say silently or out loud "I" and on an exhale say, "am loved." Have students repeat four times.
- After the activity, if students are comfortable, have them share their thoughts, feelings, or emotions when they hug themselves 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>