

## 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 Kettle Bells</li> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>10 Poly Spots</li> <li>6 Hula Hoops</li> <li>4 Hurdles</li> <li>2 Short Cones</li> <li>1 Measuring Tape</li> <li>1 SandBell</li> <li>1 Tall Cone</li> </ul>	<ul style="list-style-type: none"> <li>36 Short Cones</li> <li>24 Poly Spots</li> <li>1 Measuring Tape</li> <li>1 Timer</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="#">Side Bends</a>	<a href="#">High Kicks</a>	<a href="#">Running Arms</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="#">Kickouts</a>	<a href="#">Mountain Climbers</a>	<a href="#">Seated Heel Drops</a>	<a href="#">Side Bends with Kettle Bell</a>

## OBSTACLE COURSE (10 min.)

### Setup and Instructions

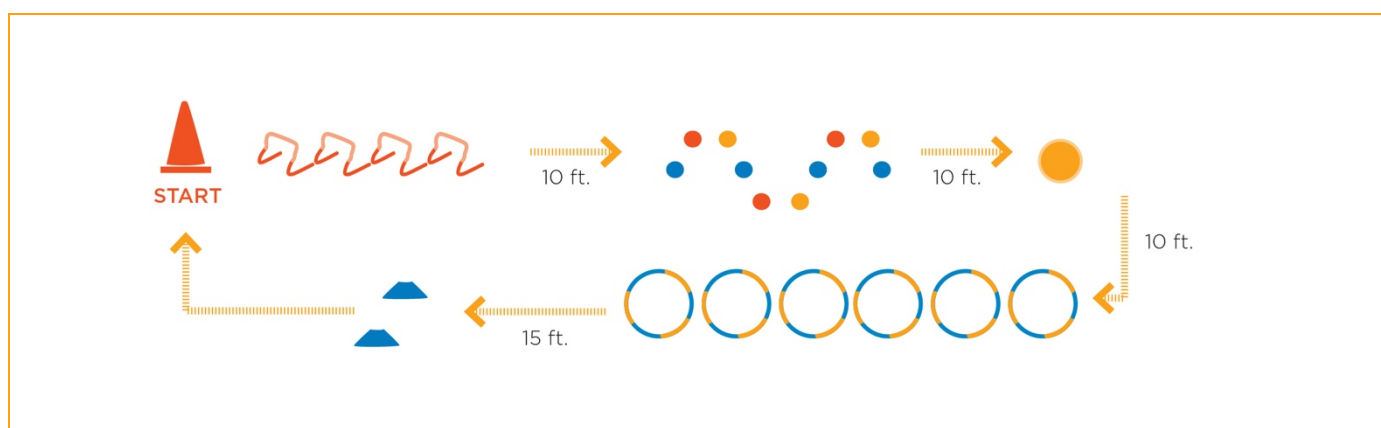
Set up obstacle course as shown in the diagram below. Place all students in a line behind the start cone.

- To start, students side shuffle to the hurdles and jump over each hurdle landing both feet on the ground before jumping again. Once a student jumps over the last hurdle, the next student in line may start.

- When students complete the hurdle jumps, they side shuffle to the poly spots and begin one leg hops on each spot - students should hop on the same leg the entire length of the spots.
- After leg hops, students side shuffle to the sandbell and complete ten rows using the sandbell.
- Once students complete the rows, they side shuffle to the first hula hoop and perform squat jumps from one hoop to the next.
- Students finish the course by side shuffling from the last hoop to the short cones and perform five push-ups before side shuffling back to the start cone.
- Students should complete the course twice, alternating their hopping leg on the second run.

**Course tip:** Use a six-pound sandbell for younger students, and a ten-pound sandbell for older students.

#### DIAGRAM



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

##### Volcanoes and Ice Cream Cones

##### Setup and Instructions

Create a 30 ft. by 30 ft. playing field using poly spots; can be larger if space allows. Scatter the short cones in the playing field by placing half of the cones upright 'volcanoes' and the remaining half upside down 'ice cream cones'. Divide the class into two teams; one team is volcanoes while the other team is ice cream cones.

Goal of the game: students must help their team turn cones in their designated position.

- When the Coach gives the signal 'go,' students run through the playing field and turn over as many cones as possible. Volcanoes try to turn over the ice cream cones, turning them into volcanoes and ice cream cones try to turn over the volcanoes, turning them into ice cream cones. The Coach should begin a 30-second timer immediately after calling out 'go'.
- When the timer reaches 30 seconds, the coach says 'freeze' and all students must stop and put their hands on their head. The team with the most cones in the correct position wins. If there are more volcanoes, the volcano team wins. If there are more ice cream cones, the ice cream team wins.

- If a team does not win the round, they must complete butt kickers for 20 seconds before starting a new round and the winning team earns a point.
- The first team to earn five points wins.

**Game tips:** 1) Students are not allowed to block other students from getting to a cone. 2) Students may only turn one cone at a time. 3) Place cones closer together for younger students and further apart for older students.

**Game variations:** 1) Have teams switch, volcano team becomes ice cream and ice cream team becomes volcanoes. 2) Increase or decrease the time for each round.

## MINDFULNESS (5 min.)

### Gratitude Reflection

#### Setup and Instructions

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

- In silence, have students think of five things they are grateful for such as family, friends, pets, health, education, music, technology, food, weekends, seasons, etc.
- After the activity, if students are comfortable, have them share 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="#">Butterfly Pose</a>	<a href="#">Toe Touch Twist</a>