

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 Kettle Bells 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 14 Poly Spots 7 Tall Cones 4 Hurdles 2 Kettle Bells 2 Short Cones 1 Agility Ladder 1 Measuring Tape 1 Playground Ball 	<ul style="list-style-type: none"> 36 Short Cones 1 Measuring Tape

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 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.

Warmup 1	Warmup 2	Warmup 3	Warmup 4
Lap Run with Battle Rope	Side Bends	High Kicks	Running Arms

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 forty-five 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
Kickouts	Mountain Climbers	Seated Heel Drops	Side Bends with Kettle Bell

OBSTACLE COURSE (10 min.)

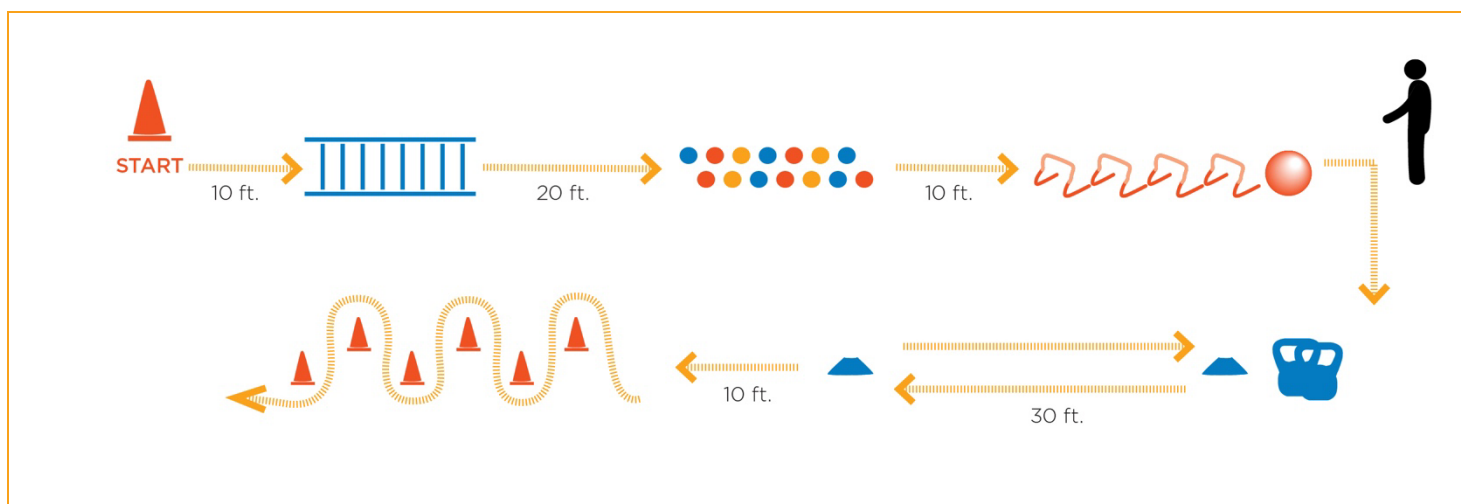
Setup and Instructions

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

- To start, students sprint to the agility ladder and perform an in, out, in, out ladder drill for the full length of the ladder. Once a student completes the ladder drill, the next student in line may start.
- After completing the ladder drill, students sprint to the poly spots and perform one leg hops on each spot. Following the zig-zag pattern, students should use the same leg for the entire length of the spots.
- Once students complete the leg hops, they sprint to the hurdles and jump over each hurdle, landing both feet on the ground before jumping again. While students jump over the last hurdle, the coach tosses a playground ball that students must catch while jumping over the last hurdle. Students should throw the ball back to the coach before sprinting to the short cones.
- At the short cones, students perform a farmer's carry with kettle bells. A farmer's carry involves holding a kettle bell in each hand and walking from the first short cone to the second and back.
- Once students complete the farmer's carry, they sprint to the first tall cone and zigzag through the cones before sprinting back to the start cone.
- Students should complete the course twice.

Course tips: 1) For younger students, the coach can move closer before gently tossing the ball and for older students, stand further away.
2) To make the ball toss more difficult, the coach can throw a beanbag.

DIAGRAM



GAME, K-8th (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.

Fitness Focus: CORE

- 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.)

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.
- 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
Butterfly Pose	Toe Touch Twist