

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"> 36 Short Cones 1 Measuring Tape Flag Belts (per student, any color)

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	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 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
Bicycle with SandBell or Standing Bicycle with SandBell	Crab Toe Touch	Seated Flutter Kicks	Tic Tocks

OBSTACLE COURSE (10 min.)

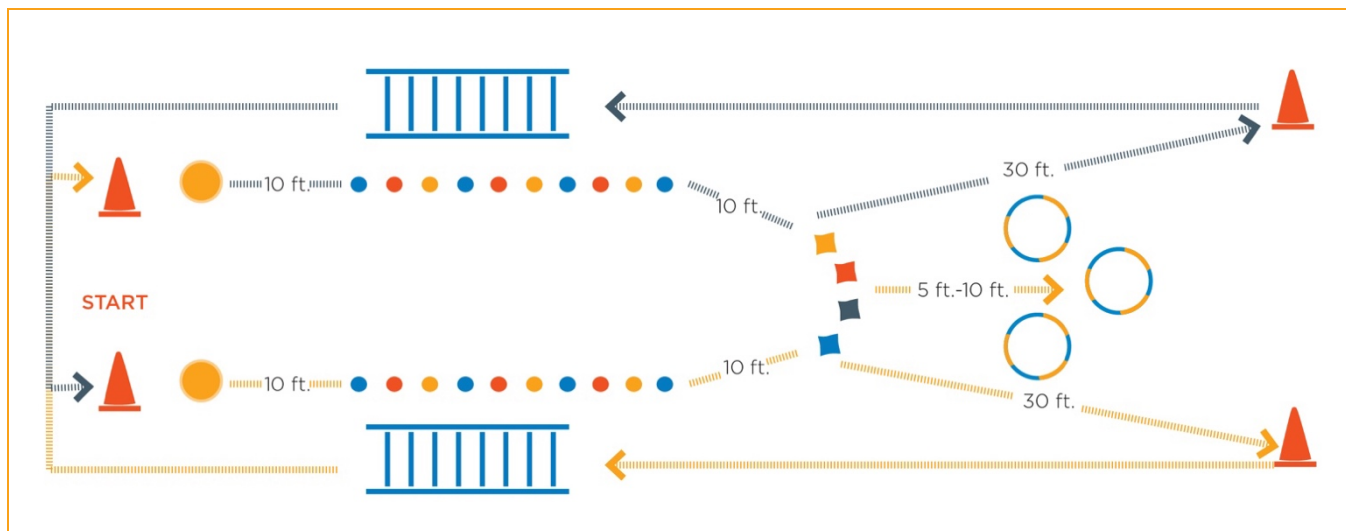
Setup and Instructions

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.)

Sneaky Ninja

Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be larger if space allows. Have each student put on a flag belt.

Goal of the game: students should retrieve flags from other students while evading attempts to have their own flag pulled.

- When the Coach gives the signal ‘go,’ students run around the playing field trying to pull each other’s flag. Students may not flag guard: holding their flags to their waist and not allowing others to pull it.
- If a student’s flag is pulled off, the student must stand on top of their flag. While frozen in that spot, the student must try to grab another student’s flag.
- If the student successfully pulls another student’s flag, the student can put on their flag belt and return to the game. The student whose flag was pulled is now frozen on top of their own flag belt. A student’s flag may not be pulled if they are putting their flag belt back on.
- When there are only a couple of students left moving, the coach calls out ‘jailbreak’ and everyone is back in the game.
- Play for time or do not call jailbreak so that eventually one student wins.

Game tip: Hula hoops may be placed outside the playing field for students to stand in while putting their flag belt back on.

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
Seated Spinal Twist	Standing Side Reach