

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 Tall Cones 2 Agility Ladders 1 Measuring Tape 	<ul style="list-style-type: none"> 24 Poly Spots 3 Tall Cones 1 SandBell 1 Agility Ladder 1 Measuring Tape 1 Short Cone 	<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 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	Ice Skaters	Single Leg Balance	Inch Worms

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
Hoop Jumps	In, Out, In, Out with Agility Ladder	Speed Hand Walk	Leg Hops

OBSTACLE COURSE (10 min.)

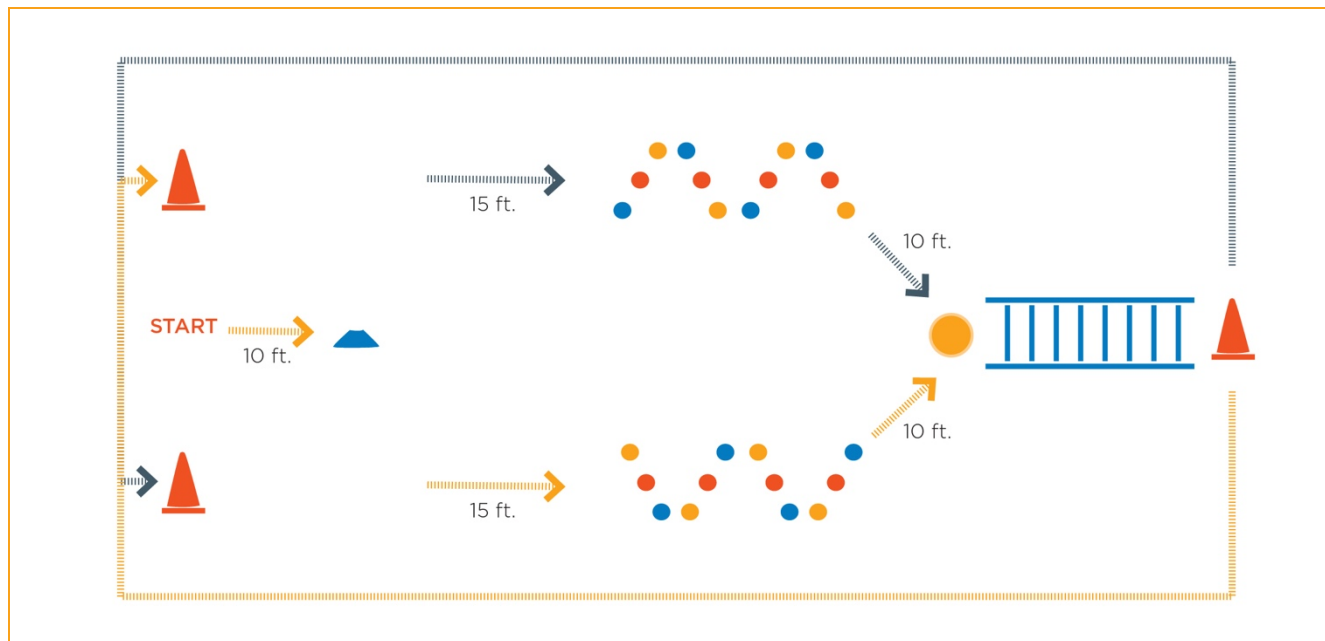
Setup and Instructions

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

- To start, the first student from each line will stand back-to-back and hold a wall sit position for 20 seconds.
- After completing the wall sit, both students perform a toe walk to the short cone and perform ten plank high fives before bear crawling to the poly spots. Once students complete the wall sit, the next two students in line may start.
- At the poly spots, students perform a duck walk through the spots then sprint to the agility ladder to perform a sandbell toss while shuffling sideways down the ladder and back.
- Once students complete the sandbell toss, they jog back to the start cones and stand in the opposite line from which they started.
- Students should complete the course twice, putting them back in the original line they started.

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

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
Downward Facing Dog	Crossed Toe Touch