

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 2 Kettle Bells 2 SandBells 2 Short Cones 1 Agility Ladder 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Short Cones 18 Foam Balls 1 Playground Ball

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	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

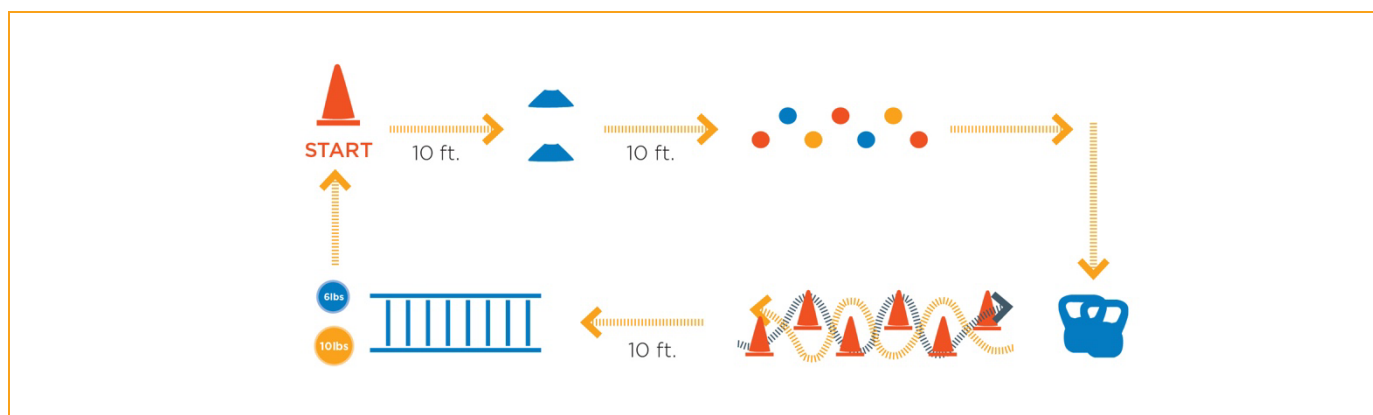
Set up obstacle course as shown in the diagram below. Place all students in a line behind the start cone.

- To start, students sprint to the short cones to perform ten squat jumps.

- After the jump squats, students sprint to the poly spots and perform one leg hops. Following the zig-zag pattern, students should hop on the same leg the entire length of the spots. Once a student completes the squat jumps, the next student in line may start.
- Once students complete the leg hops, they sprint to the kettle bells to complete a Figure 8 farmers carry. A farmers carry involves holding a kettle bell in each hand and walking through the cones in the shape of an 8.
- After completing the farmers carry, students sprint to the agility ladder and hop, using both feet, from one box to the next.
- To finish, students pick up the sandbell and perform five sandbell slams before sprinting back to the start. To perform a sandbell slam, raise the sandbell overhead and slam it to the ground.
- Students should complete the course twice.

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

DIAGRAM



GAME, K-8th (10 min.)

Powerball

Setup and Instructions

Use short cones to create a large circle. Divide students into two teams and have one team stand outside one half of the circle and the other team stand outside the other half of the circle. Give each team an equal number of foam balls and place one playground ball in the middle of the circle.

Goal of the game: work as a team to knock the playground ball out of the opposing team's side.

- When the Coach gives the signal 'go,' teams throw or roll the foam balls at the playground ball and try to push it out of the opposing team's half of the circle.
- If a team gets the playground ball out, they earn a point, and the other team must complete ten seal jacks before starting another round.
- The first team to earn ten points wins.

Game tip: Make the circle smaller or larger depending on the age and skill of the students.

Game variation: To make it more difficult, place multiple playground balls in the middle of the circle or have students throw beanbags instead of foam balls.

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
Butterfly Pose	Toe Touch Twist