

EQUIPMENT LIST

Warmups	Fitness Stations	Relay Race	Game, K-2 nd	Game, 3 rd -8 th	Mindfulness
<ul style="list-style-type: none"> 2 Battle Ropes 	<ul style="list-style-type: none"> 4 Tall Cones 4 Ankle Bands 1 Measuring Tape 	<ul style="list-style-type: none"> 4 Tall Cones 2 Ankle Bands 2 Agility Ladders 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Short Cones 18 Foam Balls 12 Tall Cones 6 Poly Spots 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Short Cones 24 Poly Spots 10 or 12 Foam Balls 1 Measuring Tape 	<ul style="list-style-type: none"> 1 Bluetooth Speaker

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	Air Drumming	Seal Jacks	Air Jump Rope

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
Inch Worms	High Plank	Bicep Curls with Ankle Band	Y's, T's & W's

RELAY RACE (10 min.)

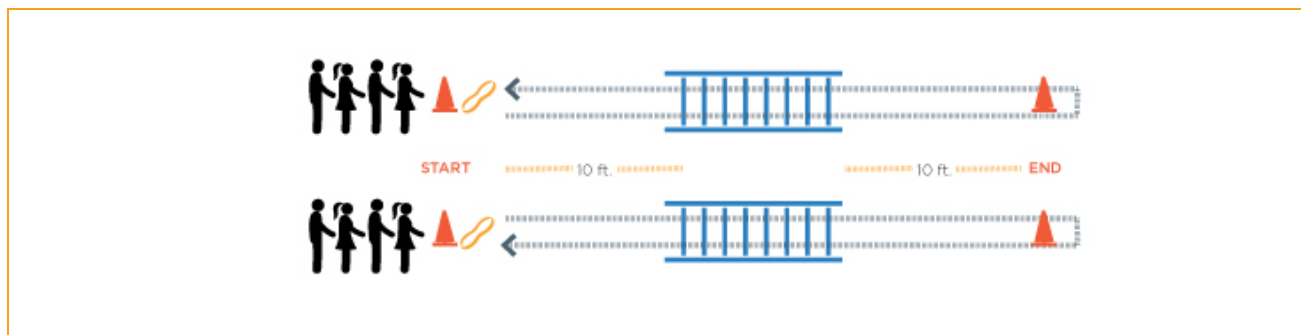
Three-Legged Relay

Setup and Instructions

Set up relay race as shown in the diagram below. Divide students into two equal teams and have each team line up behind a start cone.

- When the Coach gives the signal 'go', the first two students from each team put the ankle band around their ankles. One student will have the band around their left ankle and the other will have the band around their right ankle.
- Once the ankle band is on, the students work together to walk or run through the ladder, stepping or hopping the banded feet in each square towards the end cone.
- At the end cone, both students go around the cone before stepping or hopping through the ladder and back to the start cone. At the start cone the students remove the ankle band and hand it to the next two students in line.
- Each student should run the relay twice. The first team to finish wins.

DIAGRAM



GAME, K-2nd (10 min.)

Sharp Shooters

Setup and Instructions

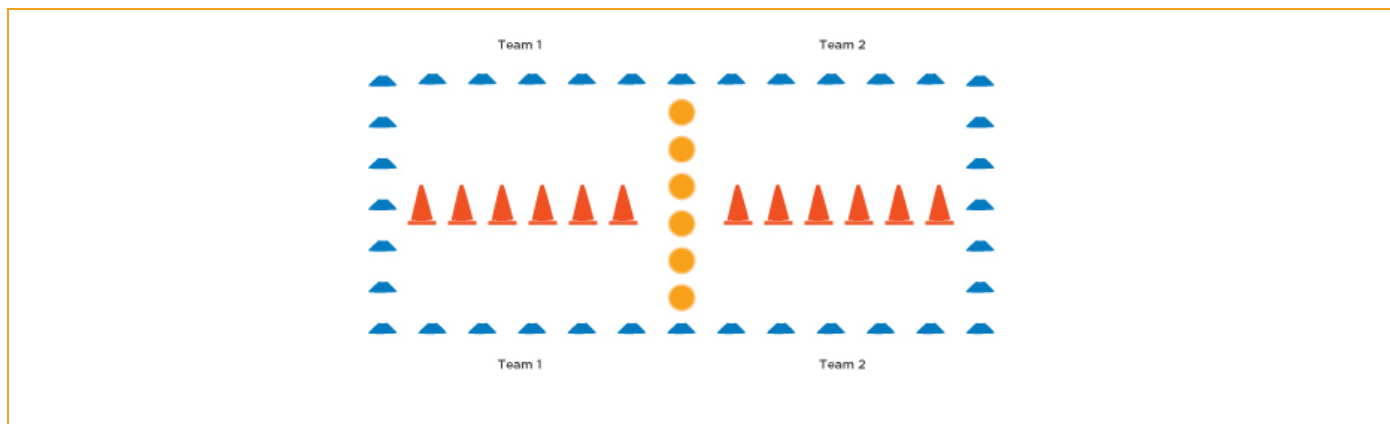
Using short cones, create a playing field as shown in the diagram below or use a basketball court if accessible. Short cones should be placed two feet apart. Divide the class into two teams. Each team will have half their students on one side of the field of play and the other half of their team on the other side of the field of play. Give each team nine foam balls.

Goal of the game: Work as a team to knock over your cones before the opposing team.

- When the Coach gives the signal 'go,' each team must throw or roll the balls to try to knock down their team's tall cones.
- Students may get balls from near the tall cones, but must return to short cone to throw or roll the ball.
- The first team to knock down all their tall cones wins the round and earns a point.
- The first team to earn five points wins.

Game tip: Shorten or lengthen the distance between the short and tall cones depending on age and skills of students.

DIAGRAM



GAME, 3rd-8th (10 min.)

Dodgeball

Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones. Create a midline using poly spots and place each foam ball on a spot. Use a basketball court if accessible. Divide students into two teams and have each team stand on opposite sides of the playing field.

Goal of the game: work as a team to get all students out from the opposing team.

- When the Coach gives the signal 'go,' students run to the midline to grab a ball and throw it at the other team's students. Students may not cross the midline; they must always stay on their side of the field.
- Students who are hit are out and must complete five push-ups on the sideline while waiting to get back in the game.
- If a student catches a thrown ball, the thrower is out and must complete five push-ups on the sideline while waiting to get back in the game.
- If a ball is caught, an 'out' student from the team that caught the ball may return to the game.
- The game ends when all students from a team are out.

Game tip: For safety, students should try to hit students from the shoulders down. If a student is hit in the head the thrower can be out or complete five push-ups before being allowed to throw again.

Game variation: Make the game challenging by allowing hits from the waist down only.

MINDFULNESS (5 min.)

Peace and Kindness

Setup and Instructions

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

- Use a Bluetooth speaker to play the audio for the Peace & Kindness Mindfulness Activity, link: <https://vimeo.com/549533890/86274d08d5>.
- After the activity, if students are comfortable sharing, have them share their answers to the questions below with the class or a partner:
 - What activities can a person do to find peace? (Meditate, go for a walk, take deep breaths, etc.)
 - Describe a situation where someone was kind to you, or you were kind to someone.

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
Cobra Pose	Shoulder Stretch