

## EQUIPMENT LIST

Warmups	Fitness Stations	Obstacle Course	Game, K-8 <sup>th</sup>
<ul style="list-style-type: none"> <li>2 Battle Ropes</li> </ul>	<ul style="list-style-type: none"> <li>4 Tall Cones</li> <li>1 Measuring Tape</li> </ul>	<ul style="list-style-type: none"> <li>12 Poly Spots</li> <li>3 Hula Hoops</li> <li>2 Short Cones</li> <li>2 Tall Cones</li> <li>1 Measuring Tape</li> <li>1 SandBell</li> </ul>	<ul style="list-style-type: none"> <li>18 Foam Balls</li> </ul>

## 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	<a href="#">Skip Forward/Backward</a>	<a href="#">High Knees</a>	<a href="#">Toe Walk</a>

## 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
<a href="#">Speed Mountain Climbers</a>	<a href="#">Bound</a>	<a href="#">Skiers</a>	<a href="#">Twists</a>

## 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.

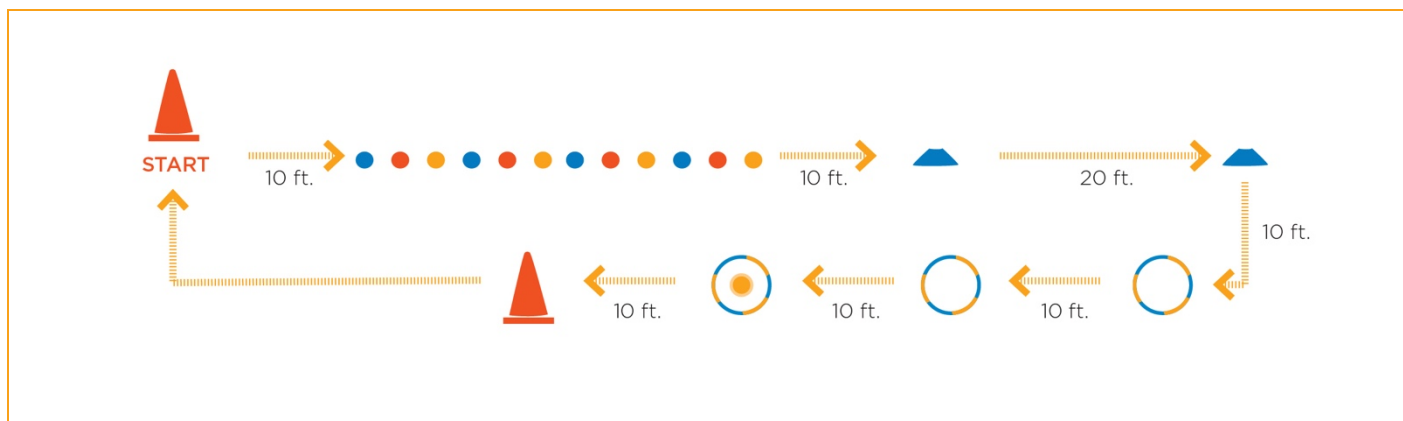
- To start, students skip to the first poly spot and perform one leg hops, alternating legs each spot. Once the student reaches the last spot, the next student in line may start.
- After students complete the leg hops, they skip to the first cone and bear crawl to the second.

- After bear crawling, students skip to the first hula hoop and perform ten seal jacks inside the first hoop before skipping to the second hoop to perform ten squats and skipping to the third hoop to perform a stand-up bicycle with a sandbell - alternating and raising each leg five times.
- To finish, students perform a jump squat over a tall cone without touching the cone with their feet then skip back to the start cone. If a student's foot touches the cone, they must perform mountain climbers for ten seconds before skipping back to the start.
- Students should complete the course twice.

**Course tips:** 1) For younger students, use a hurdle for the jump squat if they are not able to jump the height of the tall cone. 2) To make the jump squat more difficult, set up two tall cones, one in front of the other.

**Course variations:** 1) Have students guess how many times the whole group can run through the course in a designated amount of time then test their guess. 2) Have students guess how long it will take the whole group to run through the course. If time allows, have the group attempt to beat their time.

DIAGRAM



## GAME, K-8<sup>th</sup> (10 min.)

## Catch and Step

## Setup and Instructions

Form pairs with the students and provide each pair with a foam ball. Students should face their partner and be at an arm's length distance.

Goal of the game: catch balls while taking steps away from your partner.

- When the Coach gives the signal 'go,' students must throw and catch the ball with their partner. If a student catches the ball, they take a step back before throwing it back to their partner. If a student drops the ball, they must do mountain climbers for ten seconds before throwing the ball back to their partner.
- Once a pair is no longer able to catch the ball because of the distance between them, they are out.
- Game is over when one pair remains.

- Play for multiple rounds changing the type of throw each round. Types of throws: underhand, overhand, dominant hand, or non-dominant hand.

**Game tip:** Have students switch partners before a new game.

**Game variations:** 1) To make catching more difficult, have students use beanbags. 2) To make the game more fun, use water balloons.

## 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	Cooldown 3
<a href="#">Lizard Pose</a>	<a href="#">Pigeon Pose</a>	<a href="#">Toe Touch Twist</a>