

EQUIPMENT LIST

Warmups	Fitness Stations	Obstacle Course	Game: K-8 th	Mindfulness
<ul style="list-style-type: none"> 2 Battle Ropes 	<ul style="list-style-type: none"> 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 24 Poly Spots 3 Tall Cones 1 Agility Ladder 1 Measuring Tape 1 SandBell 1 Short Cone 	<ul style="list-style-type: none"> 36 Short Cones 24 Poly Spots 6 Tall Cones 1 Soccer Ball 1 Measuring Tape Pinnies (half the students) 	<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 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	Skip Forward/Backward	High Knees	Toe Walk

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 one minute. 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
Speed Mountain Climbers	Bound	Skiers	Twists

OBSTACLE COURSE (10 min.)

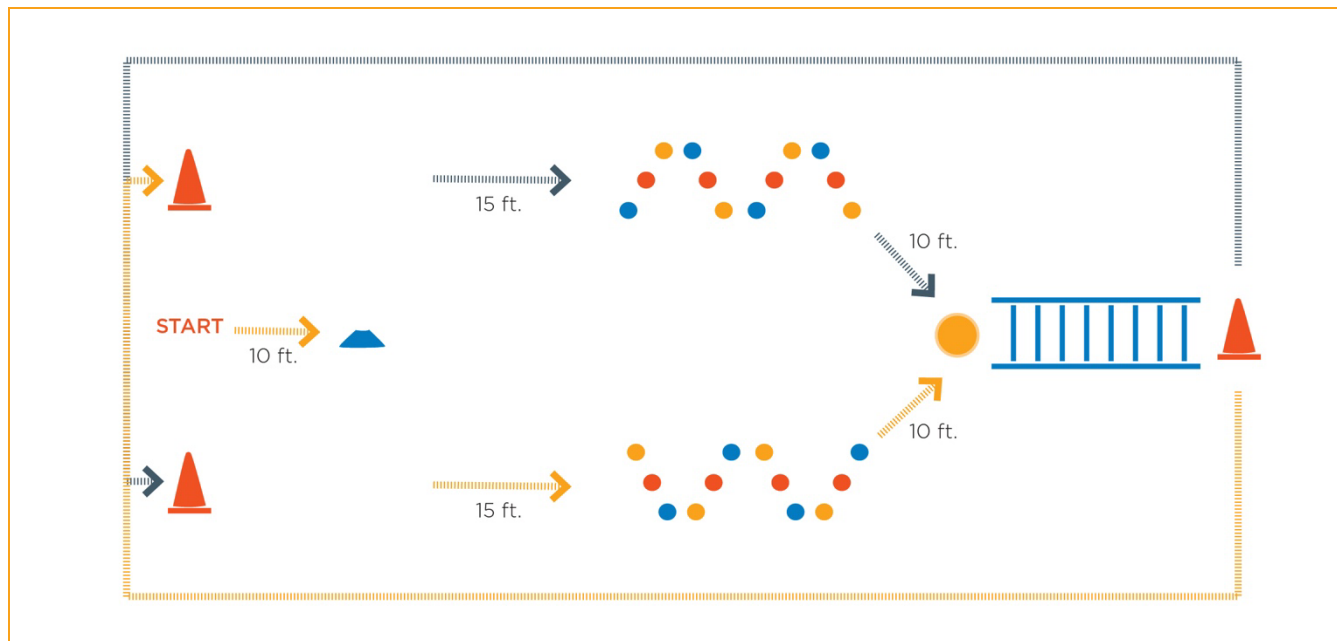
Setup and Instructions

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.)

Four Goal Soccer

Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones. Use poly spots to create a midline and use tall cones to create two goals on each half of the field. Use a soccer field if accessible. Divide students into two teams and give one team pinnies to wear. Place each team at opposite ends of the field and choose one student to be goalie from each team.

Goal of the game: work as a team to score goals and keep the opposing team from scoring.

- This game has soccer rules.
- Students may score in either of the two goals on the opposing side.

- Each goal is worth one point. The first team to five wins.

Game variations: 1) Use multiple soccer balls. 2) Choose two goalies from each team instead of one.

MINDFULNESS (5 min.)

Still and Quiet

Setup and Instructions

Instruct students to sit quietly on a yoga mat or on the ground.

- Use a Bluetooth speaker to play the audio for the Still and Quiet Mindfulness Activity, link: <https://vimeo.com/549540765/ab896bde53>.
- After the activity, if students are comfortable sharing, have them describe how they are feeling to 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
Lizard Pose	Pigeon Pose	Toe Touch Twist