

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 SandBells 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 10 Poly Spots 6 Hula Hoops 4 Hurdles 2 Short Cones 	<ul style="list-style-type: none"> 1 SandBell 1 Tall Cone 1 Measuring Tape 36 Beanbags 36 Short Cones 24 Poly Spots 4 Hula Hoops 1 Measuring Tape

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	Toe Touch	Spider Lunges	Heel Scoops

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
Bicycle with SandBell or Standup Bicycle with SandBell	Crab Toe Touch	Seated Flutter Kicks	Tic Tocks

OBSTACLE COURSE (10 min.)

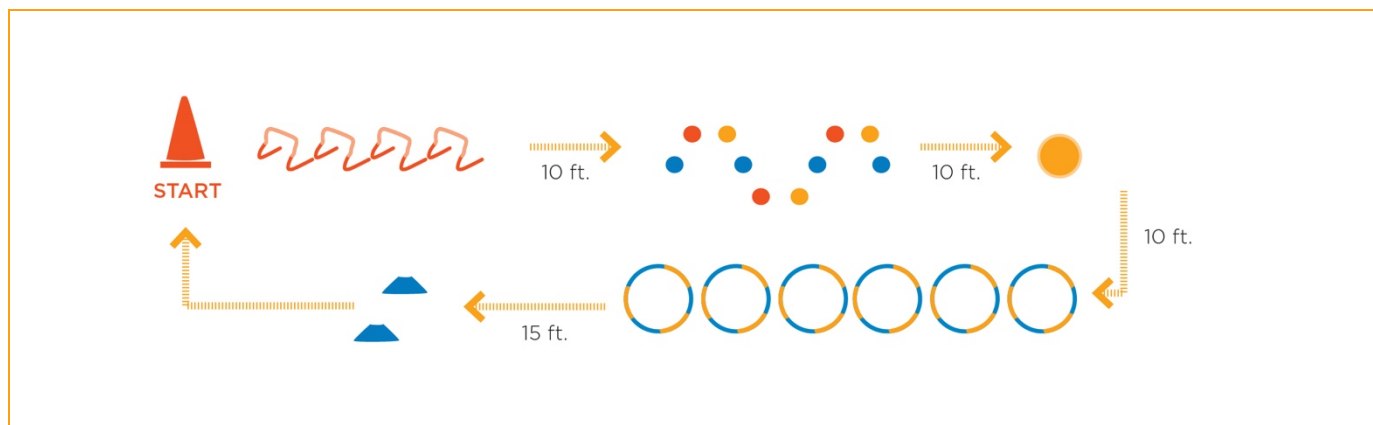
Setup and Instructions

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

- To start, students side shuffle to the hurdles and jump over each hurdle landing both feet on the ground before jumping again. Once a student jumps over the last hurdle, the next student in line may start.
- When students complete the hurdle jumps, they side shuffle to the poly spots and begin one leg hops on each spot - students should hop on the same leg the entire length of the spots.
- After leg hops, students side shuffle to the sandbell and complete ten rows using the sandbell.
- Once students complete the rows, they side shuffle to the first hula hoop and perform squat jumps from one hoop to the next.
- Students finish the course by side shuffling from the last hoop to the short cones and perform five push-ups before side shuffling back to the start cone.
- Students should complete the course twice, alternating their hopping leg on the second run.

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

DIAGRAM



GAME, K-8th (10 min.)

Hungry Hungry Hippos

Setup and Instructions

Create a 30ft. x 30ft. playing field, using short cones or use a basketball court if accessible. Place all beanbags and poly spots in a pile in the middle of the play area. Place a hula hoop outside each of the four corners of the play area. Divide the students into four equal teams and have each team stand in a line behind a hoop.

Goal of the game: collect as many items as possible.

- When the Coach gives the signal 'go,' the first student from each team races to the center, grabs one item from the pile, and brings it back to their teams' hoop. As soon as the student returns with an item, the next student from their team may go.
- Play continues until all the items in the center are gone.
- The team with the most items in their hoop wins the round.

Game variations: 1) Items or colors can be worth different points. Point values should not be announced until all items have been retrieved. 2) Add different types of equipment items. 3) Instead of running, students can hop, skip, jump or do high knees.

MINDFULNESS (5 min.)

Discovering Joy

Setup and Instructions

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

- Ask students to think of one thing that brings them joy and hold it in their mind. Ask them to think of why the person, place, or thing brings them joy.
- After the activity, if students are comfortable sharing, have them share what brings them joy and why.

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
Seated Spinal Twist	Standing Side Reach