

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"> 4 Hurdles 3 Tall Cones 2 Agility Ladders 1 Ankle Band 1 Measuring Tape 1 SandBell 	<ul style="list-style-type: none"> 36 Short Cones 1 Measuring Tape Flag Belts (per student)

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 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
Kickouts	Mountain Climbers	Seated Heel Drops	Side Bends with Kettle Bell

OBSTACLE COURSE (10 min.)

Setup and Instructions

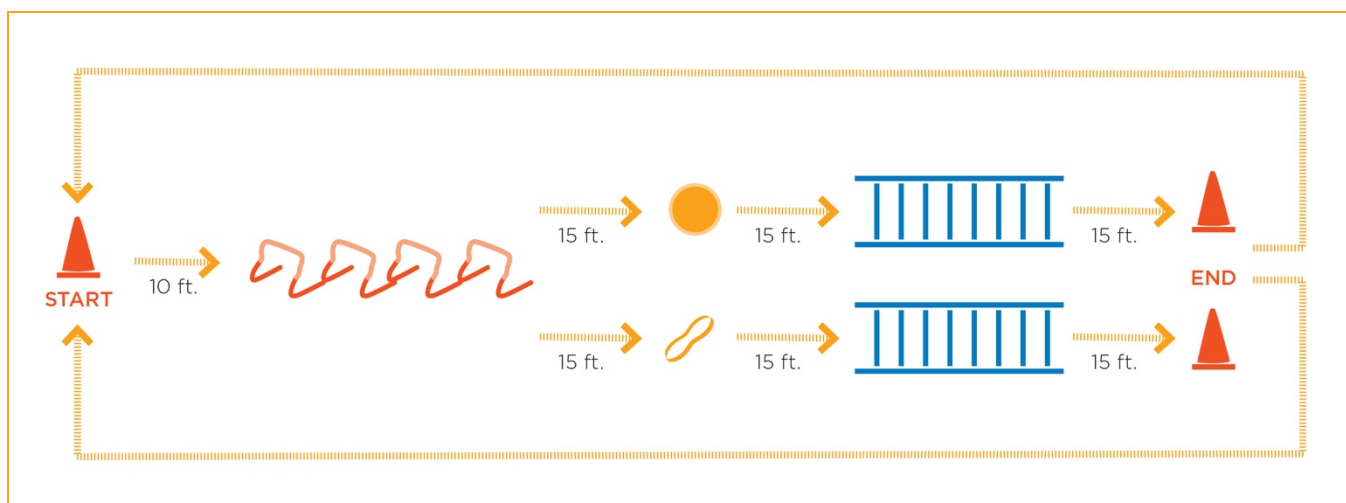
Set up obstacle course as shown in the diagram below. Place all students in a line behind the start cone.

- To start, students sprint to the 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.

- After jumping over the last hurdle, students may choose to sprint to the sandbell and perform five sandbell slams or sprint to the ankle band and perform five ankle band bicep curls on each arm. To perform a sandbell slam, raise the sandbell overhead and slam it to the ground.
- Once students complete the sandbell slams, they sprint to the agility ladder and perform one leg hops using their left leg. Once students complete their bicep curls, they sprint to the agility ladder and perform one leg hops using their right leg.
- Following the ladder drill, students sprint through the end cones then jog back to the start cone.
- Students should complete the course twice, making sure to complete both the sandbell slams and ankle band bicep curls.

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

DIAGRAM



GAME, K-8th (10 min.)

Gotcha Flag Tag

Setup and Instructions

Create a 30 ft. x 30 ft. playing field using short cones; can be larger if space allows, and have every student put on a flag belt.

Goal of the game: students retrieve flags from other students while evading attempts to have their own flag pulled.

- In this tag game every student is 'it'.
- When the Coach gives the signal 'go,' students run around the playing field and try to pull each other's flag.
- When a student pulls a flag, they say "gotcha." The student whose flag was pulled must complete five squat jumps before putting their flag belt back on and rejoining the game. The student that pulled the flag gets a point. Students should track their own points.
- The student with the most points at the end of two minutes wins the round.
- Play multiple rounds.

Game tip: Younger students may need help tracking their points.

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
Butterfly Pose	Toe Touch Twist