

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 SandBells 4 Tall Cones 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Beanbags 4 Tall Cones 2 Agility Ladders 1 Measuring Tape 	<ul style="list-style-type: none"> 36 Short Cones 1 Measuring Tape Poly Spots (per student) 	<ul style="list-style-type: none"> 36 Short Cones 1 Measuring Tape Foam Balls (one per five students) Pinnies (one per five 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	Jumping Jacks	Arm Circles	Air Punches

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
Hand Walk	Push-ups or Incline Push-ups (requires a step or bench)	Shoulder Taps or Plank High 5's (requires a partner)	Rows with SandBell

RELAY RACE (10 min.)

Beanbag Toss Relay

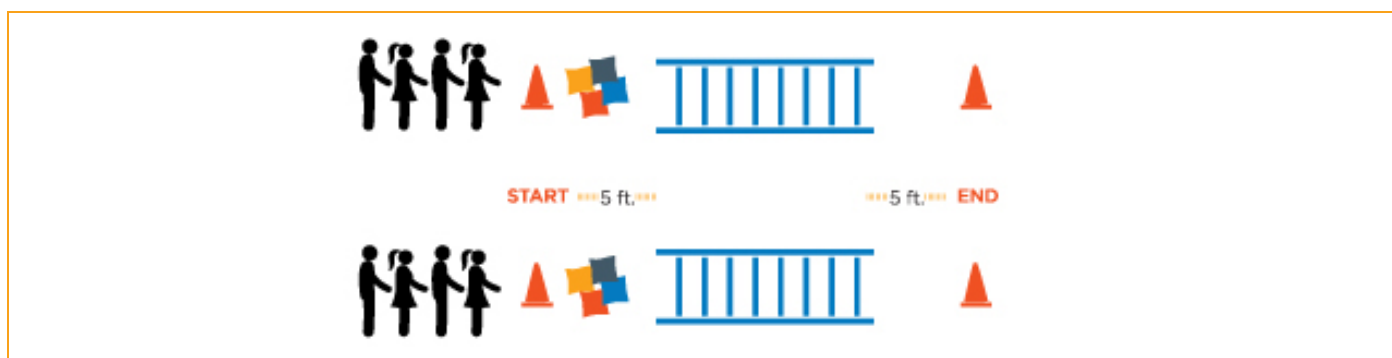
Setup and Instructions

Set up relay race as shown in the diagram below. Place 18 beanbags at each start cone. 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 student from each team picks up a beanbag and tries to toss it into the first box of the ladder. If the beanbag lands in the first box, the student should sprint to the end cone and cheer on their teammates.
- The next student picks up a beanbag and tries to toss it into the second box of the ladder. If the beanbag lands in the second box, the student should sprint to the end cone and cheer on their teammates.
- If students have not made it to the cheering side and all boxes have been filled, the next student starts again with box one. In this case, there may be more than one beanbag in each box.
- If a student misses or their beanbag lands in the wrong box, the student must collect their beanbag, complete ten seconds of air jump rope, then get in the back of the line to try again.
- The first team to have all their students on the cheering side wins.

Relay tip: For younger students, shorten the distance between the start and end cone, and for older students, lengthen the distance between the start and end cone.

DIAGRAM



GAME, K-2nd (10 min.)

Musical Spots

Setup and Instructions

Create a 20ft. x 20ft. playing field using short cones; can be larger if space allows. Scatter the poly spots, using one less spot than the total number of students. For example, if there are 20 students, scatter 19 spots.

Goal of the game: be the last student standing on a marker.

Fitness Focus: UPPER BODY

- Have students stand at a cone outside the playing field.
- When the Coach gives the command 'find your spot', students run to find a poly spot. The student without a spot is out and must complete a high plank for 20 seconds.
- Students should return to the outside of the playing field before the coach directs them to find another spot.
- The coach should remove a spot after each round until there is one student left.
- Play for time.

Game variation: Instead of running, students can perform butt kickers, high knees, skip, or hop to their spot.

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

Pass & Score Tag

Setup and Instructions

Create a 30ft. x 30ft. playing field using short cones; can be larger if space allows. Choose taggers to wear pinnies and ballers to hold a foam ball. Choose one tagger and one baller for every five students; if there are 20 students, there should be four taggers and four ballers. Place each baller in a different section of the playing field.

Goal of the game: avoid being tagged.

- When the Coach gives the signal 'go,' the taggers must run around the playing field and tag students who do not have a ball. When tagged, the student must stand still.
- The ballers are not allowed to move but must throw the ball to those who have been tagged. If caught a point is earned for both students. Students can keep track of their own points.
- If the ball is not caught, points are not earned and the person who the ball was going to becomes the baller.
- Play multiple rounds, changing the taggers each round.

Game tip: Adjust the number of taggers and/or ballers to make the game easier or more difficult.

MINDFULNESS (5 min.)

Mantra

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 Mantra Mindfulness Activity, link: <https://vimeo.com/549529553/8b9abd8a48>.
- After the activity, if students are comfortable sharing, have them create their own mantra, "I am _____", and share 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
Spinal Twist	Tricep Stretch