

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 2 Agility Ladder 1 Measuring Tape 	<ul style="list-style-type: none"> 12 Poly Spots 3 Hula Hoops 2 Short Cones 2 Tall Cones 1 Measuring Tape 1 SandBell 	<ul style="list-style-type: none"> 36 Short Cones 24 Poly Spots 4 Tall Cones 2 Soccer Balls 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	Ice Skaters	Single Leg Balance	Inch Worms

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
Hoop Jumps	In, Out, In, Out with Agility Ladder	Speed Hand Walk	Leg Hops

OBSTACLE COURSE (10 min.)

Setup and Instructions

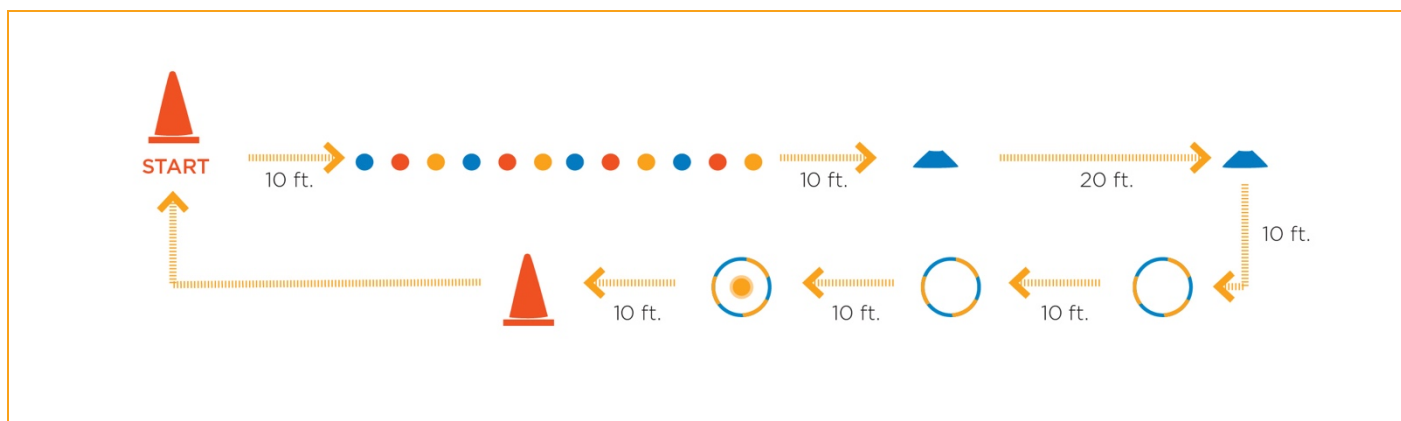
Set up obstacle course as shown in the diagram below. Place all students in a line behind the start cone.

- 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-8th (10 min.)

Two Ball Soccer

Setup and Instructions

Create a 30 ft. x 50 ft. playing field using short cones; can be larger if space allows. Use poly spots to create a midline and use tall cones to create a goal on each half of the field. Use a soccer field if accessible. Divide students into two equal teams and have one team wear pinnies.

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

- This game has soccer rules but uses two balls and has no goalies.
- If a team scores with one ball, the ball is given to the opposing team to throw back into the game from the midline. The second ball should not be stopped. Students should continue to play the second ball while the first ball is being thrown in.
- The team with the most points at the end of the time wins.

Game variations: 1) Add more balls to the game. 2) Add a goalie to each goal.

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
Downward Facing Dog	Crossed Toe Touch